

STUDENT GUIDEBOOK



OUTDOOR SCHOOL

Northwest Regional Education Service District

NORTHWEST REGIONAL ESD OUTDOOR SCHOOL STUDENT GUIDEBOOK



*To a person uninstructed in natural history, his country
or seaside stroll is like a walk through a gallery
filled with fine works of art, nine tenths of
which have their faces turned to the wall.*

Thomas Henry Huxley



***NORTHWEST REGIONAL EDUCATION SERVICE DISTRICT
OUTDOOR SCHOOL***

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TO THE STUDENT

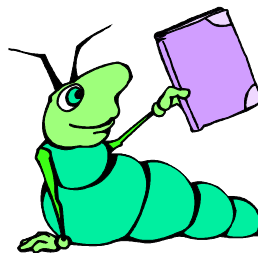
This OUTDOOR SCHOOL STUDENT GUIDEBOOK has been written for you, the student. Soon you and your classmates will be leaving your classroom to attend Outdoor School. You will spend a week living and learning in a whole new setting. It will be a very special and unique experience.

To learn as much as possible and to have as much fun as possible, you will want to be well prepared before you arrive. This Guidebook describes some of the things you will do at Outdoor School and provides suggestions for things you may want to bring with you. Share this book with your parents. They will be interested in what you will be doing while you are away.

The main reason you are going to Outdoor School is to learn about the natural world and about the responsibility people have for caring for the natural environment. As you explore the streams and forests and make discoveries around each bend in the trail, you will find that learning is fun and exciting in the out-of-doors. You will also discover the out-of-doors is a beautiful and inspirational place to be.

Another part of Outdoor School is the chance for you, your classmates and new friends from other classes to live together and enjoy activities such as outdoor recreation and evening campfire programs.

Everyone at Outdoor School has been very busy preparing for your arrival. We are all looking forward to your week with us!



PLEASE DO NOT WRITE IN THIS BOOK!

A MESSAGE TO PARENTS

Outdoor School is a program of the Northwest Regional Education Service District and most schools in the four-county region participate. Since the program began in 1969, over 200,000 students have attended. This week of learning and fun will be one of the highlights of your child's years in school.

The OUTDOOR SCHOOL STUDENT GUIDEBOOK is to help prepare the students for their week at Outdoor School. It will also help you understand the kinds of experiences the children will be having. While it is your son or daughter who will be going to Outdoor School, it can become a family event. Preparing equipment, packing clothes and sharing the anticipation beforehand will help send your child off with a feeling of confidence and excitement. Afterwards, sharing your child's enthusiasm for his or her discoveries, experiences and new friends will add to the learning that has occurred.

Outdoor School is an opportunity for students to spend a few days studying in the out-of-doors. It is not a week away from school, rather it is a week of school in a new setting, one in which plants, animals, streams and fields become the materials for study. The focus of the program is the environment, ecology and other natural sciences. Lessons are designed to help your child gain the skills needed to achieve the educational benchmarks established by Oregon's 21st Century Schools Act. Emphasis is also placed on applying skills in reading, math and other subject areas to real situations.

Outdoor School is a place where the children can apply social skills and perhaps learn some new ones. Practicing cooperation, independence, sharing, courtesy and punctuality are important for everyone's enjoyment of the entire experience. For many, Outdoor School may be the only extended out-of-the-classroom experience they will have in their school careers. To take advantage of the short time available, the schedule is full of activities and the pacing is quick.



In preparation for Outdoor School, the clothing list found in this book is of special interest. These are suggested items only. **It is important that your child come with waterproof boots, a raincoat and a warm jacket.** Beyond that, durable clothes that will survive mud and strenuous use contribute to a comfortable week. Please do not feel you must spend lots of money for clothing and other supplies. Make do with what you have, or borrow from family members or friends. Outdoor School is not a fashion show.

Your child will bring home a Medical History Form. It is important that this be filled out completely and returned to the teacher **AT LEAST TWO WEEKS** before your child goes to Outdoor School. We can take care of almost any medical situation if we know about it in advance. All medications will be collected by your child's teacher before departure for Outdoor School and will be given only by the Outdoor School Health Supervisor. **Call the Outdoor School office (503) 614-1402 if your child has any severe dietary restrictions, allergies or severe special needs.**

If you would like to visit your child at Outdoor School, please call the camp directly to let them know you are coming. If you are interested in joining your child for a meal, you must call 24 hours in advance to make a reservation. They will take reservations on a first come, first serve basis as seating space is very limited at mealtime. Prices for visitor meals can be obtained through your child's teacher or by calling the NWRESO Outdoor School Office. They also have the telephone numbers of the various camps. Due to tidal conditions, Camp Westwind visitor days are the first and last day of Outdoor School. Please call the camp for crossing times.

We encourage the students to write a letter home. However, since postage stamps are not available at Outdoor School we ask that you send paper and stamps along with your child. The children also enjoy receiving letters with news of the family, pets and friends. We suggest that you send letters as early as possible (even the week before your child leaves for ODS), to allow time for mail to arrive on site in time.

If you have any questions, contact your child's teacher or the Outdoor School office. We are looking forward to having your child be a part of our Outdoor School program this year.

THE OUTDOOR SCHOOL SITE

Your Outdoor School site is a one to two hour ride from your school. As the bus passes through the gate and bounces down the road to the camp, you will discover that it doesn't look like any school you have been to before. There is a large dining hall where everyone has their meals and where your class can meet if it pours down rain. There are cabins for you to sleep in. There are also bathrooms and showers. All of the buildings have electricity.

Since the Outdoor School program is designed to let you learn about the out-of-doors, you will be able to step outside your cabin door and find yourself surrounded by your classroom. Forests and meadows stretch off in all directions and a stream may flow right by your cabin. You can fall asleep listening to the water rushing over the rocks!

Trails through the woods provide ways to explore the farthest corners of the site. Each morning and afternoon your class takes off in a different direction for field study activities. As you walk among the towering old fir trees, you can hear birds and squirrels chattering in the bushes. You may even see a deer bounding down the trail in front of you.



THE OUTDOOR SCHOOL STAFF

When you step off the bus at Outdoor School you are greeted by a big group of people who have been very busy preparing for your arrival.

The Site Supervisor is like an Outdoor School principal. He/she plans the activities with your classroom teacher to make sure that everything goes smoothly and that you have a fun and educational week.

Field Instructors plan and teach field study activities. All of them are experts in the out-of-doors. If you have any questions about ecology or nature, these are the people to ask!

Program staff members are in charge of all other parts of the program. These energetic people teach recreational activities, lead songs, plan meal-time programs and lead you in duties, helping keep the Outdoor School site clean. You will find them leading fun activities from very early morning until long after you are in bed at night.

A Health Supervisor lives at Outdoor School twenty-four hours a day to take care of your medical needs. This person will dispense medications, provide first aid and makes sure everyone stays healthy.

Your classroom teacher will also be at Outdoor School to help with the teaching and other activities.

A kitchen staff works very hard preparing delicious, nutritious meals for you and a camp caretaker/manager makes sure the camp is in good repair.

Each week a very special group of high school or college students volunteer a week of their time to be Outdoor School Counselors. They will be living in and supervising your cabins, and they will help teach field study activities.

One of the special features of Outdoor School is the large number of adult staff and counselors. This means that many of the activities can be conducted in small groups. It isn't often you get a chance to be in a class with one teacher and only 8 students.

OUTDOOR SCHOOL SCHEDULE

Each day Outdoor School is filled with activities such as field study, recreation, meals and the evening campfire. The following schedules show how the days are organized. The exact schedule will be slightly different at your particular site. What happens in each of these activities will be explained on the following pages.

The most fun and best learning can take place if everyone watches the schedule and is on time for all activities.

DAY 1 SCHEDULE

10:30 a.m.	Buses arrive
11:15	Assembly & cabin assignment
12:00 noon	Wash up and duties
12:15	Lunch
1:00	Cabin time (get acquainted)
1:30	Homeroom
2:00	Field Study
4:30	Recreation
5:30	Rest, Cabin time
5:45	Wash up and duties
6:00	Evening flag ceremony
6:15	Dinner
7:00	Evening Activity
8:15	Campfire
9:15	Bedtime
9:45	Lights Out

DAY 2 & 3 SCHEDULES

7:00 a.m.	Rise and Shine
7:20	Wash up and duties
7:40	Morning flag ceremony
7:50	Breakfast
8:30	Duties and cabin clean up
9:00	Field Study
11:30	Cabin group activity
11:45	Wash up & duties
12:00 noon	Lunch
1:00	Homeroom
1:45	Field Study
4:30	Recreation
5:15	Showers, Rest, Cabin time
5:45	Wash up and duties
6:10	Dinner
7:15	Evening Activity
8:15	Campfire
9:15	Bedtime
9:45	Lights out

DAY 4 SCHEDULE

6:00 a.m.	Rise & shine, wash up, continental breakfast, pack up
7:50	Morning flag ceremony
8:00	Field Study
10:30	Move gear to loading areas and clean cabins
10:55	Wash up
11:00	Lunch
11:50	Closing Ceremony
12:15	Board buses and leave for home

LEARNING AT OUTDOOR SCHOOL – FIELD STUDY

Outdoor School means school in the outdoors. Students spend the week learning about things that are best studied outdoors. What better way is there to learn about insects than to observe them in their homes or to study the chemistry of water while sitting on the bank of a pond?

Each morning and afternoon you, your classmates and teacher will explore a different part of the camp environment. Most of the work is done in small groups. In a small group it is very easy for everyone to see and hear everything and participate in all the activities.

Learning takes place in lots of different ways at Outdoor School, such as by exploring, experimenting and observing. You can use all of your senses to discover new things about the environment. Seeing, hearing, smelling and touching are all important ways to get new information about your surroundings.

You also get the chance to apply your skills in reading, mathematics and writing. When learning in the out-of-doors, it is often important to take notes or draw pictures, which will help you remember your discoveries for discussion and sharing later. You will be given a "Field Study Journal" in which you can record your observations.

The main topics of study at Outdoor School are ecology, natural resources and people's relationship to the environment. Each of the Outdoor School sites organizes the studies a little differently and may have some different activities, but everyone learns the same things.

Environmental Awareness. At your Outdoor School, you will learn to observe the beauty and complexity of nature. You will learn to feel comfortable and excited while exploring the out-of-doors. Hopefully you will gain the interest and enthusiasm to continue exploring the natural world after you return home.



Ecology Concepts. As you go through the week, you will learn some very important concepts about how the natural environment works. Concepts are “mental organizers” or “generalizations”. They are kind of like file folders in your mind. As you get new information your brain puts it into a file folder so you can keep the information organized. Sometimes your brain will change the label on a folder or move information from one folder to another. There are four big concepts you will learn at Outdoor School.

Energy Flows. Almost all living things get their energy from the sun. Green plants capture the sun's energy in a process called photosynthesis. Animals get their energy by eating plants or by eating other animals that have eaten plants.

Matter Cycles. The materials that are important to living things, move back and forth between living plants and animals and the environment. Some of these materials are water, oxygen, carbon and minerals.

Interactions. Living things are constantly interacting with each other and with their surroundings. It is through these interactions that matter cycles around and around and energy flows through the environment.

Ecosystem. Plants and animals live in places that provide all the things they need to survive. All the plants and animals and the surrounding environment are called an ecosystem.



Natural Resources. People use the environment for many things. The air we breathe, water we drink, homes we live in and food we eat all come from the environment. The things we use from the environment are called natural resources. In Oregon, important natural resources include forests, water, soil, air, wildlife and minerals. Many people have jobs that depend on natural resources. Some of these jobs include farming, logging, fishing and mining. People also enjoy natural resources for recreation.

Sometimes there are not enough natural resources to meet everyone's needs and wants. Then people must decide how they will use these limited natural resources.

Environmental Responsibility. In just a few years you will be adults and voting about important issues that affect the environment. Even now you can contribute to solutions for environmental problems. With a good knowledge of how the natural world works you can help make better decisions. At Outdoor School you will discover that environmental problems are not easy to solve. If they were, they wouldn't be problems.

ACTIVITIES

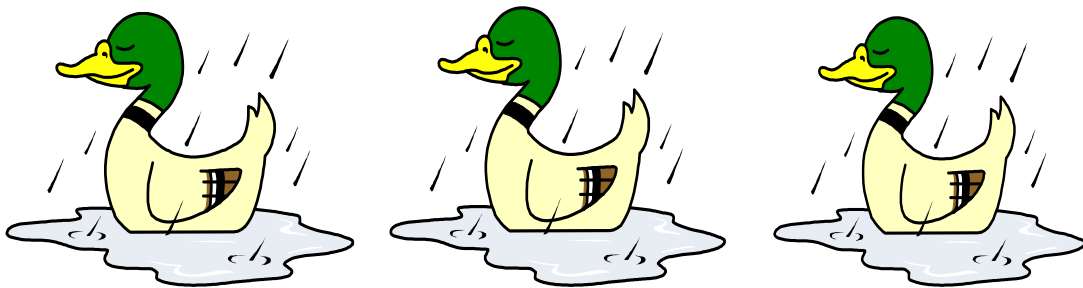
1. Write a story telling about your most memorable experience in the out-of-doors. Emphasize your experience with the environment, not the people you were with.
2. Look through your science textbook or library books, particularly the Table of Contents and Index for the four big ecological concepts. What topics are covered under these concepts?
3. Read the "Oregonian" and your local community newspaper, news magazines like "Time" or "Newsweek", and watch the television news for one week. Make a list of all the environmental problems mentioned. Mark those that are national or worldwide with a "W" and those that are occurring in Oregon with an "O".

HAVING FUN AT OUTDOOR SCHOOL

Each afternoon there is a recreation period. This is an opportunity for you to try some new outdoor activities that you might like to pursue as hobbies after Outdoor School. Instead of things like softball and soccer, the emphasis is on activities that make use of the outdoor setting. Predator/Prey games, hiking, outdoor skills such as fire building and use of a compass, and nature crafts are available. You can pick something active or if you prefer, you can select something that is quiet and more relaxing.

After dinner each day there is a special evening activity planned. It may be indoors or outside. Your cabin group may be working together as a team and it will be fun!

Each evening you will attend a campfire program with your cabin group. It is an opportunity for you to provide your own entertainment with songs, skits and stories. After some lively songs, the campfire ends very quietly. As it gets dark and the flames of the fire die away, everyone returns to their cabins reflecting on a busy day and looking forward to a good night's sleep. After people are in bed and quiet, members of the staff often come around to tell you good night with a song or a story.



PLEASE DO NOT WRITE IN THIS BOOK!

LIVING AT OUTDOOR SCHOOL

CABIN LIVING GROUP

At Outdoor School there are students from three to five classes. You and a few of your classmates join with eight or ten students from the other classes to make up a cabin living group. Each group lives in a separate cabin under the leadership of one or two counselors. Many activities are done with your cabin group throughout the week. Many good friendships are formed with cabin mates.

There is time each day for you and your cabin partners and counselors to play games, visit and have fun.

Everyone is responsible for keeping the cabins neat and clean. There is time set aside each morning to accomplish this task. Cooperation with everyone in the cabin on clean-up and other activities makes for a successful cabin group.

HINTS FOR CABIN CLEAN-UP

- | | |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Bunks</u> | Are the sleeping bags or blankets arranged neatly? |
| <u>Gear</u> | Is all the gear neatly arranged? Are suitcases closed and under the bunks? Is the arrangement orderly and consistent throughout the cabin? Are clothes hung up or put on shelves or in the suitcases? |
| <u>Shoes</u> | Are shoes arranged neatly and not in the middle of the floor? |
| <u>Lights & Heaters</u> | Have you conserved energy by turning off the lights and heater? Is your cabin door closed? |
| <u>Floor</u> | Is the floor clean? (Check around bedposts.) |
| <u>Grounds</u> | Are there bits of paper and other litter outside your cabin or in the area? |

MEALS

Everyone at Outdoor School eats meals together in the large dining hall. The cooks prepare delicious, well-balanced meals. There are even homemade rolls! Two adults or counselors and eight students sit at each table.

Everyone is encouraged to try all the different kinds of food served. You may discover how good some new dishes can be. Second helpings are usually available and no one goes hungry. Everyone is encouraged to eat everything on his or her plate. Meals are also a time for visiting with both new and old friends. An atmosphere of gracious dining, good table manners and quiet conversation is emphasized.

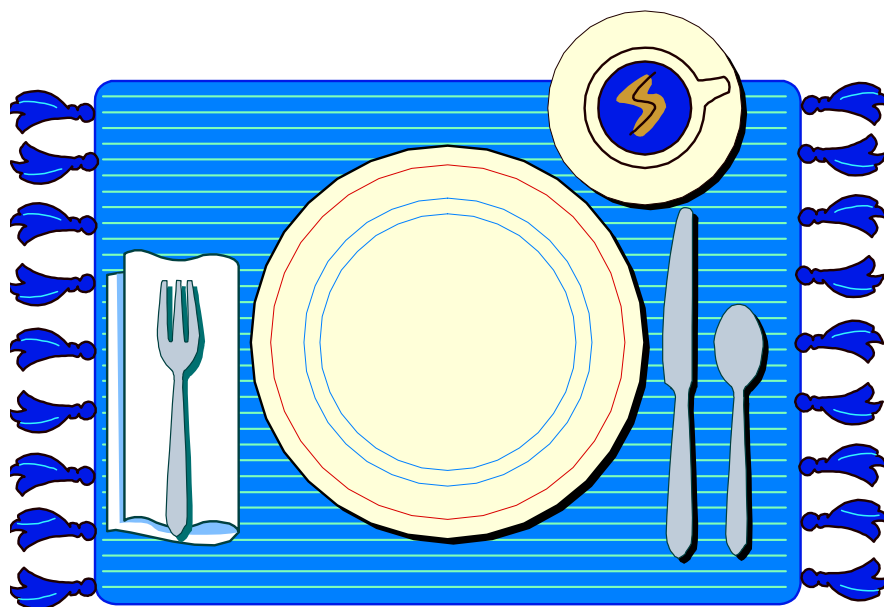
TABLE MANNERS

Good table manners are used at Outdoor School so we may all enjoy a pleasant, congenial atmosphere while eating and to avoid spilling food.

1. Everyone washes his or her hands with soap before each meal. Cups and plates are passed in a manner that avoids passing along illness.
2. Talking is kept at a quiet, conversational level. Talk only to those at your table, not between tables. Don't talk with your mouth full of food.
3. The server at the table takes the first bite of food after everyone is served. Then the others may begin eating.
4. Unless you have been excused by the adult or counselor at your table, remain seated until everyone is excused at the end of the meal.
5. When helping yourself to food, use the serving utensils provided.
6. Spread your napkin across your lap. Use it to wipe your hands and mouth as necessary.
7. Food is passed to the left the first time around. Once an item has gone around the table, it can then be passed in the most convenient

direction. Make sure butter and all condiments go all around the table at the beginning of the meal.

8. Don't forget **PLEASE** and **THANK YOU** when asking for food to be passed.
9. At the end of the meal you will help tidy your table by organizing silverware on one plate, garbage on another plate and scrape food waste onto it's own plate. The Kitchen Party (KP) crew will take care of these plates after the meal and scrub down the tables and benches.
10. Remember that food waste is energy waste. Take what you want, but eat what you take!



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STUDENT DUTIES ("Niches")

At Outdoor School each cabin group is assigned "niches" during the week. These are necessary to make your Outdoor School a neat, clean, safe and pleasant place in which to live and study. You should find all of these "niches" interesting and challenging. Enter into them with a spirit of cooperation and enthusiasm. You will have a chance to participate in most of them.

HOST/HOSTESS

The Host and Hostess have many responsibilities. They guide the conversation and set a good example by using proper table manners at all times. They help serve the food and make sure everyone gets enough to eat.

CHOPSTICKS

The Chopsticks see that the dining hall is ready for the meal. They work under the direction of a Program Leader to insure that all tables are properly set. It is extremely important that the chopsticks report on time so that meals will be on time. It is also extremely important that they wash their hands before coming to the dining hall.

K.P. (KITCHEN PARTY)

The K.P.'s remain in the dining hall after the meal. They will make sure that tables are cleaned and dishes are taken to the dishwashing room. Dishes are washed by Outdoor School kitchen staff.

FLAG

Each morning and evening a group of students known as the "Color Guard" are in charge of conducting a flag-raising or flag-lowering ceremony. Everyone at Outdoor School attends the flag ceremony. It is an opportunity to learn etiquette regarding our flag and to reflect on the heritage of freedom and the bountiful resources our country provides.

WEATHER

Each day a group of students reports to the weather station to read the weather instruments and prepare a weather report. The "Weather Crew" presents their findings to other students.

SCRUB CLUB

The "Scrub Club Crew" cleans the main bathrooms at camp. Gloves are provided and staff and counselors work hard to make this niche a fun activity. The "Scrub Club" may sweep the dining hall floor or carry firewood if needed.

PERSONAL CLEANLINESS

Your personal hygiene is your responsibility. Adequate time is provided daily for you to practice good health habits. Washing hands before meals and after using the restroom, changing clothing daily, brushing teeth, combing your hair and showering are a big part of healthful living in the out-of-doors. You are required to wash your hands with soap before each meal. Students staying at Outdoor School three nights or more will be provided one shower per week. Students on site for two nights will be provided a shower if needed, though the limited time on site does not allow for every student to get a shower during these short sessions. Any student who needs a shower will be allowed to do so.

HEALTH AND SAFETY

You can learn the most and have the most fun if you stay healthy and avoid injury. Following Outdoor School rules and following directions are very important in helping you stay safe and well.

If you are injured or do not feel well, report this immediately to your teacher, counselor or an Outdoor School staff member. The health supervisor is available 24 hours a day to take care of all your health needs.

Any medication you bring to Outdoor School must be turned over to the health supervisor. Medications must be in the original container with your name, the name of the medication and the prescribed dosage written on the container or prescription label. The Health Supervisor gives you your medication as required, but **it is your responsibility to show up at the nurse's station at the proper time.** Your counselor will help you remember.

PLEASE DO NOT WRITE IN THIS BOOK!

PREPARING FOR OUTDOOR SCHOOL

There are several things you need to do to get ready for Outdoor School. Your teacher will help you in preparing for the study activities. Your teacher will also give you a Medical Form to take home. **THIS FORM NEEDS TO BE COMPLETED AND SIGNED BY YOUR PARENTS AND RETURNED TO YOUR CLASSROOM TEACHER AT LEAST TWO WEEKS BEFORE YOU LEAVE FOR OUTDOOR SCHOOL.**

CLOTHING AND EQUIPMENT

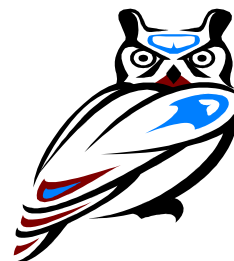
It is important that you come to Outdoor School with appropriate clothing and equipment. Your comfort depends on being ready regardless of the weather. You will be outside even if it is cold and rainy. If you are prepared with clothing that will keep you warm and dry, you can still have fun and learn a lot. Following is a suggested list of items to bring. Please do not put your family to any needless expense. Bring older clothing and equipment that you may already have around your home or perhaps you can borrow from a friend. The main thing is to have enough clothing to keep you warm and dry if the weather is cold and rainy. Your parents will help you decide what clothing is best. Clothing in layers such as a shirt, sweater, jacket and raincoat are often warmer and more comfortable than one warm jacket. A "raincoat" is a coat that has a hood AND repels water for a long period of time.

SLEEPING GEAR

Warm sleeping bag
or blanket, bedroll & sheet
Extra Blanket (if sleeping bag is light)
Pillow and pillowcase

TOILETRIES

Bath towel
Hand towel
Washcloth
Soap and container
Comb / brush
Toothbrush and paste



CLOTHING

Long-sleeve Shirts (2 or 3)

Jeans or heavy trousers

(2 or 3 pairs)

Warm Jacket

Warm Hat

Sweater and/or Sweatshirt

Socks (6 to 8 pairs)

Underwear (4 to 5 changes)

Pajamas (or sweats for sleeping)

WATERPROOF RAINCOAT (with hood)

WATERPROOF RAINPANTS

WATERPROOF BOOTS

Extra pair of shoes

Gloves

Daypack

Water bottle

OTHER

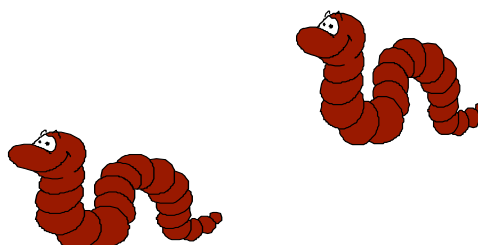
*Small container of soil
to be collected by teacher.

(approx. $\frac{1}{4}$ cup from home)

Letter writing materials (paper,
envelopes, stamps, postcards,
and pencils.)

Disposable Camera (optional)

(Write your name & school on it)



*The small container of soil is used for a special ceremony at the end of the week. Your teacher will tell you about any other items you will need to bring.

Please DO NOT bring the following items to Outdoor School:

- money
- electronic items (mp3 & CD players, cell phones & video games). You may bring a flashlight, watch and/or camera if you'd like.
- hair dryers, make-up, hair spray, perfume & body spray
- matches
- knives
- things to eat - including candy or gum.
- bathing suits, shorts, tank tops and halters (You are not allowed to wear them for safety reasons).

PLEASE LEAVE ALL "VALUABLE" ITEMS AT HOME.

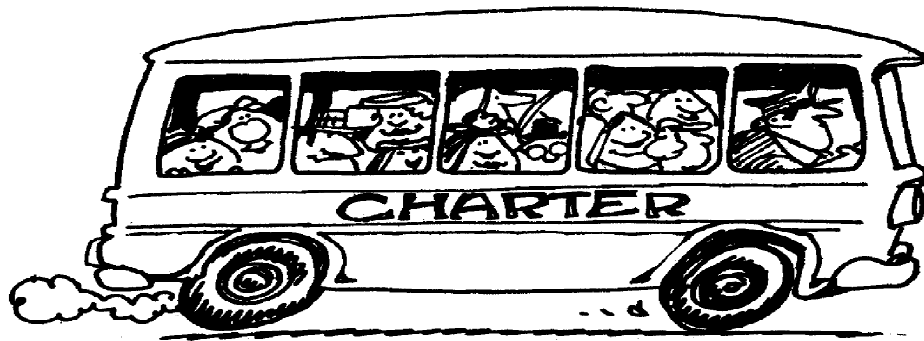
**OUTDOOR SCHOOL IS NOT RESPONSIBLE
FOR ANY LOST OR STOLEN ITEMS!**

IDENTIFY YOUR CLOTHING AND OTHER BELONGINGS

The best way to prevent losing your clothing or other possessions is to mark **EVERYTHING** clearly with your name and the name of your school. We recommend you mark all items with a permanent felt pen or laundry pen or sew on a nametag.

Your teacher will help you identify your luggage with tags or tape to attach to your suitcase, handbag and bedroll or sleeping bag.

In order to keep your gear clean and dry, put your sleeping bag and suitcase in large plastic garbage bags and tie them shut. Be sure to label the **OUTSIDE** of the bag with your name and school so you can find your stuff when you get to Outdoor School. Save these plastic bags when you unpack at Outdoor School so you can use them to keep your luggage dry for the trip home.



ARRIVAL AT OUTDOOR SCHOOL

When you arrive at Outdoor School, please remain seated and quiet until a staff member boards your bus and gives instructions. The counselors remain in charge of your group to check in with the health supervisor and bring you to the community meeting. Please stay with your group at all times.

Your baggage, sleeping bags and other gear should be left on the bus. The Outdoor School staff unloads the bus and places your gear in a safe, dry area. Keep your daypack, with a full water bottle and raingear, with you all the time.

At the opening assembly, the Site Supervisor welcomes your class and introduces the Outdoor School staff. They then review the Outdoor School rules and assign you to your cabin living group. After you pick up your gear, your cabin counselor takes you to your living quarters, assigns a bunk to you and helps you get settled. Your counselor leads your cabin group to duties and to lunch. Please stay with your counselor.

RULES FOR OUTDOOR SCHOOL

RESPECT YOURSELF!

RESPECT OTHERS!

RESPECT THE ENVIRONMENT!

Our mission at Outdoor School is to create a safe, fun and educational environment. These rules assure that everyone can equally and safely share the pleasures and benefits of Outdoor School. Everyone is expected to understand and abide by these rules while at Outdoor School.

1. Leave the campgrounds **ONLY** under the direction of a counselor or teacher. Boundaries are explained at the Community Meeting.
2. Wade in creeks or pond **ONLY** as directed by an adult. If you're at the beach, never wade in incoming waves.
3. Protect yourself and others by not throwing rocks, sand or other items.
4. Run **ONLY** in places designated by the Outdoor School staff - never on trails.
5. Matches and lighters can create fires. **DO NOT** bring them to Outdoor School.
6. A quiet atmosphere is maintained on site from 9:45 p.m. (time for lights out) to 7:00 a.m. (wake up time).
7. Protect living plants and animals from injury or destruction.
8. Walk only on trails, not cross-country.
9. Report any injury or sickness to the Outdoor School Health Supervisor immediately, day or night.
10. Please follow the Outdoor School schedule.
11. Respect the rights and property of other people. **DO NOT** go into other student's cabins. Leave other people's gear and clothing alone.
12. You will be expected to abide by the same rules you follow at your school as well.

THREE STRIKES SYSTEM

At Outdoor School we use a "Three Strikes" system to address inappropriate student behavior. This system allows teachers, staff and students to work together to correct inappropriate behavior and keep everyone's experience at Outdoor School as fulfilling as possible. Only Outdoor School staff and teachers can issue strikes to students. Here's a description of how the system works.

Strike 1: Verbal Warning. This warning will help the student understand why their behavior was inappropriate and why it must not be repeated. The Site Supervisor will be notified that the strike has been given and it will be recorded in the "Strike Log" to keep all staff and teachers informed about student discipline.

Strike 2: Written Warning. The student's teacher and/or Site Supervisor will sit down with the student to discuss and write down details about the inappropriate behavior and the possible alternatives if the behavior is not corrected. They will also discuss ways that the staff, teachers and high school counselors can help the student make positive changes in their behavior.

Strike 3: Expulsion. Students who do not change their inappropriate behavior after Strikes 1 and 2 are sent home from Outdoor School. We typically do not send students home for a series of small behavior issues. When students are sent home it is usually because of serious behavior problems.



ONE HIT RULE

Any student who strikes another person with the intent to hurt them will be immediately sent home from Outdoor School. The One Hit Rule applies even if the student has not received any previous strikes for other inappropriate behavior. Violence of any kind is not tolerated at Outdoor School.

TIPS FOR A GREAT WEEK AT OUTDOOR SCHOOL

Your stay at Outdoor School will be one of the most memorable weeks in your educational career. Understanding nature is only a part of what you can learn. Through meeting and associating with other people, including people your own age, high school age counselors, staff members and teachers, you can learn much about yourself and others. You will probably strengthen old friendships and make new ones. The memories of all the good times can stay with you for years to come.

To help make sure that you will remember the valuable lessons and rich experiences, here are some suggestions:

1. Keep your eyes and ears open and ready to see and hear.
2. Ask questions when you need an answer.
3. Be on time for all activities. Be prepared with proper clothing and supplies for each activity. Wear your nametag and daypack (with pencil, a full water bottle and raingear) wherever you go.
4. Smile and be cheerful! It will make things run more smoothly and everyone will have a more enjoyable experience.
5. Slow down and take time every day to think about what you are doing and learning. Close your eyes and think about the best things that happened during the day.
6. Write down things you learn and things you do. There are diary pages in the "Field Study Journal" which you will get while at Outdoor School. You can look at it later and smile as you remember.
7. Take pictures if you can. Some cameras are very inexpensive but can capture priceless moments.
8. Become a part of everything you experience. Don't let anything pass you by. Remember this will be your only week at Outdoor School as a student, so don't waste a minute.
9. Look, hear, feel, enjoy, think, laugh, love, talk, listen, sing and learn. Then the time will be yours to keep forever.

WE'LL SEE YOU SOON AT OUTDOOR SCHOOL!