

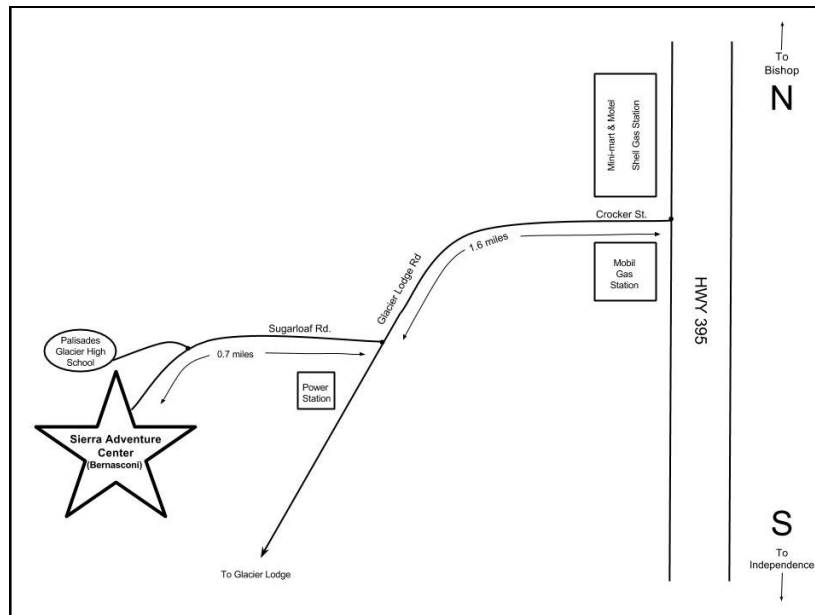
# Inyo County Office of Education

## Science Camp

### INYO COUNTY OUTDOOR SCIENCE SCHOOL

#### Handbook for Parents and Students

We are very pleased to welcome your child to an exciting week at the Inyo County Outdoor Science School operated by the Inyo County Superintendent of Schools. The Outdoor School is located at the Sierra Adventure Center (aka Bernasconi Center) about two miles west of Big Pine on Sugarloaf Road at an elevation of 4,900 feet.



The Outdoor Science School provides an opportunity to learn in real life situations. Children and adults learn most effectively through direct and personal experiences, and at Outdoor School, students get to discover the natural world firsthand, using all of their senses in the Outdoor Classroom. The lessons begin with the interests and needs of the children. They explore, discover, and share adventures that lead to more effective learning. Through direct experience, students begin to appreciate the interdependence of living and non-living things and to understand their own connection to the natural world.

Outdoor Education is not a frill in the educational program. It is definitely not a vacation for the teachers, high school volunteers, or the students. The Outdoor Science School supplements, enhances, and enriches classroom activities and makes material in books come alive. The students spend at least five hours each day in various learning activities. There are many incidental learning experiences that take place continuously throughout the week as well. Students learn to live with others outside their families; to be more self-reliant and confident; to give and take and to accept others; to be a part of a team and to work together to gain success as an entire group as well as individually.

Three main themes are threaded throughout the program:

- **APPRECIATION:** Science is fun! The natural environment is a valuable resource to be enjoyed and protected.
- **INTERRELATIONSHIPS:** All living things are interrelated and dependent on the natural environment.
- **RESPONSIBILITY:** The students will build strategies for getting along with others, developing personal and social responsibility, while maintaining positive self-esteem. Personal choice and wise decision-making affect environmental quality and their future.

## ACTIVITIES

There are several activity periods each day. Students participate in field science lessons, during which make observations, ask questions, discuss their ideas, and learn scientific processes on the trail. There is a recreation period each day for students to play, visit with each other, shower, and/or rest. Evening programs vary, consisting of campfire programs, night hikes, and astronomy activities. On Thursday night student groups perform their own original skit presentations showing something they learned during the week.



## HEALTH AND SAFETY

There are many precautions taken to ensure the health and safety of your child. **The enclosed registration and health form must be completely filled out and signed by the parents or legal guardian. A medication form must also be completed and signed by a physician if the student is to take any medication, even over-the-counter medications such as Tylenol.** All medicine must be in the original container. All medications must be given to the classroom teacher before the students get on the bus. You will be called if your child becomes ill. We will treat minor injuries on site. In the case of any medical emergency, arrangements will be made to transport the child to Northern Inyo Hospital in Bishop and parents will be notified. Payment for any medical care in the event of an emergency while at the Outdoor School is the parents' responsibility.

## BEHAVIOR

We expect each child to act responsibly and considerately to ensure the safety and well-being of all the students. Normally students do not have any problems while at camp. Behavior expectations and consequences for inappropriate behavior are explained to them during orientation at the beginning of the program. If a child does not behave responsibly or safely, it could become necessary to send him or her home. If this situation occurs, the parent will be notified to pick up their child and take him/her home. **Please review the rules on the Participant Agreement on the back of the registration form with your child. Both of you should sign the form.**

## RELEASE OF STUDENTS FROM OUTDOOR SCHOOL

To provide the best possible experience for your child, the staff and teachers request that any child who attends Outdoor School does so with the idea and intent that they will stay the entire week without interruption. We build upon the activities and experiences the young people have each day. The departure of a student tends to disrupt the experiences not only of your child, but also of all the participants and staff in the program. We include many group and cooperative activities, and for one or more in the group not to be present for some part of the program tends to detract from the total participation. We strongly suggest and encourage that all outside activities, appointments, and the like be scheduled before or after the week of Outdoor School.

## CLOTHING

Well-worn clothing is appropriate for the Outdoor School. The students are outdoors most of the time, and their clothes will get dirty. They should not bring anything valuable to camp, such as jewelry, expensive cameras, etc. All items should be marked with their names. The weather can be unpredictable in fall, so students should bring warm jackets and hats and raingear if possible. An inexpensive plastic poncho is usually enough to keep students dry in the rain. Comfortable hiking or tennis shoes with good soles are recommended. Shirts should cover the shoulders and waist and be appropriate for school. Hats are important for protection against sunburn. We ask that students wear long pants during field lessons to protect from scratches and scrapes.

## FACILITY

The Outdoor School is located on a 91-acre site leased from the LADWP. It was once a ranch with fruit orchards and a fish hatchery. The school has separate dorms for girls and boys, and students understand that they may only be in their own dorms, and only when their counselor or other adult supervisor is present. There is a separate bathroom and shower facility with individual showers with curtains between the stalls. For extra privacy, some students prefer to shower while wearing a bathing suit.

The kitchen staff provides tasty, well-balanced “kid-friendly” meals for the students. If your child has special nutritional needs, i.e. acute food allergies or a vegetarian diet, please indicate this in the space provided at the bottom of the registration form. We will accommodate dietary needs to the extent possible, but if your child has a special diet or a severe food allergy to common food products such as wheat, milk, or eggs, please send easily prepared foods for your child to eat.

Students have an opportunity to practice responsibility by helping to keep the campus clean and helping out with jobs. Each day students straighten the dorms, pick up in the restrooms, and patrol the site for stray trash. They will also take turns setting tables in the dining hall, acting as “hoppers” who bring food to the table, and cleaning up after meals.

## STAFF

The teachers from participating schools, including your child’s teacher, will be in residence at the Outdoor School. Four high school volunteer counselors or at least one adult chaperone will supervise each student cabin, under the direct supervision of the teachers and the site director. Lessons are taught by the four trained field science instructors. A caretaker also lives on site and two cooks prepare meals.

## PARENTS’ ROLE

Parent cooperation and encouragement are very important part to the overall success of the Outdoor Science School. Your enthusiasm for the program is also very important during the weeks of preparation and planning before the actual week of participation. It forms a basis for a successful experience and prepares your child for a week away from home with other people. Children develop self-reliance at camp, which would be reduced by a parent visit, so we highly discourage parent visits. If there is an extraordinary reason you must visit, please contact the Camp Director ahead of time. If your child is injured, ill, or very homesick, you will be contacted immediately.

## CONTACTING CAMP

We ask that students make calls home only in the event of an emergency. If there is a special reason you need to speak with your child during the week, please make arrangements with your child’s teacher. *In the event of an emergency, parents may call the school on the Camp office phone at (760) 938-2936.* There is a message phone and Outdoor School staff will check messages periodically. Messages left after 10:00 p.m. will be picked up first thing the next morning.

SAMPLE DAILY SCHEDULE	
7:00 AM	Rise and shine, showers
7:25/7:45	Weather / dining hall set-up
8:00	Breakfast
8:30	Cabin clean-up
9:15	Morning field lessons
12:00 PM	Lunch
12:30	Feet-on-bunk (FOB) time
1:15	Afternoon field lessons
4:00	Class meetings / snacks
4:30	Recreation
5:30	Dinner
6:15	Skit practice
6:45	Evening activities
9:00	Get ready for bed
9:30	Lights Out



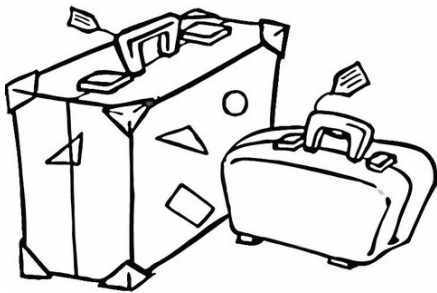
# STUDENT'S CLOTHING AND EQUIPMENT LIST

Sleeping bag or 2 blankets and 2 sheets	Bath towel and washcloth
Pillow	Toothbrush and toothpaste
2 pairs sturdy shoes	Soap & Shampoo
4 pairs socks	Comb or brush
4 shirts	Bathing suit for showering privacy
3- 4 pairs of long pants	Deodorant (NO sprays, please)
4 changes underwear	Sunscreen and lip balm
2 sweaters or sweatshirts	Hat with brim
1 warm jacket	1 laundry bag & plastic bag for wet clothing
Sleepwear	Day pack
Poncho; rain jacket; or 2 large, heavy-duty trash bags	2 water bottles or canteens (1 quart or liter each)

**Important:** Remember to bring a lunch and full water bottle for the first day of camp!

## OPTIONAL AND CONVENIENT

Flashlight  
White t-shirt to tie-dye (old is fine)  
Book to read during Feet on Bunk (FOB) time  
Camera (NOT cell phone)



## DO NOT BRING

Candy, snacks, gum  
Valuable items  
Jewelry, makeup, gels, mousse, etc  
Knives or dangerous objects of any kind  
Cell Phones  
Electronics such as MP3 player, iPod, tablet, games, etc.  
Aerosol sprays of *any* kind (hair/body spray, repellent, etc)  
*Any* kind of item for pranks  
Items inappropriate for school, or that could be offensive or threatening to any other students or staff.

## RECIPE FOR A GREAT WEEK

1 large smile	2 cups humor
3 teaspoons of thoughtfulness	1 adventurous spirit
2 heaping tablespoons of curiosity	1 tablespoon of helpfulness
A pinch of love	2 tablespoons of patience
A dash of compassion	1 teaspoon of friendship

*Combine all ingredients in a fun camp. Mix well. Bring to a rapid bubbling of excitement. Reduce heat and allow mixture to simmer gently. Serve and enjoy! Keeps well for one full week.*