

**STAYTON MIDDLE SCHOOL**

**OUTDOOR SCHOOL**

**STUDENT HANDBOOK**

# **OUTDOOR SCHOOL HANDBOOK**

## **TO THE 6<sup>TH</sup> GRADER:**

This student handbook has been written for you, the sixth grader. Soon you will be leaving your classroom to attend Outdoor School where you will live and study in a whole new setting. Outdoor School will be a very special and unique experience.

To learn as much as possible and have as much fun as possible, you will want to be well prepared before you arrive. This student handbook will help you get ready. It will describe some of the things you will do at Outdoor School and provide suggestions for things you may want to bring with you. Share this book with your parents, too. 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 study the environment, ecology, and other natural sciences. You will find that learning is fun and exciting in the outdoors because you will be surrounded by the natural world and its many wonderful plants and animals. You will also discover that the environment can be explored in many exciting ways.

Everyone at Outdoor School is looking forward to your arrival.

## **TO THE PARENTS OF 6<sup>TH</sup> GRADERS:**

We would like to welcome your child to an exciting learning experience at the Stayton Middle School Outdoor School at camp Tadmor.

### **WE BELIEVE THAT:**

1. Each student attending the Outdoor School will develop an understanding of, and an appreciation for, their natural environment and will acquire desirable attitudes concerning the conservation of natural and human resources.
2. The outdoor school program provides first hand experiences with the interrelationships and adaptations found in nature, the dynamics of energy, cycles and systems of change, and people's dependency and responsibility to the environment.
3. Students will develop social skills including making new friends, being responsible for their own behavior, and experiencing healthful and democratic living where the sharing of responsibilities is expected.
4. Each student will experience the joy that can be derived from pleasurable activities in the outdoors.
5. Students will increase sensory skills, which will help them observe and accurately identify the components of the universe.
6. The outdoor school program will develop informed citizens who will positively influence the future of our world.

## **THE OUTDOOR SCHOOL SITE**

The Outdoor School will be held at Camp Tadmor, located on McDowell Creek Rd near Sweet Home and Lebanon.

The facilities for use at this location are highly suited for our purposes. They include ample housing units and shower facilities for cabin groups and counselors, cabins for the teachers, a large lodge for meals and meetings, recreational areas, two indoor classroom areas and a small room for the First Aid Center. The camp also has a small pond with a variety of fresh water creatures.

## **THE OUTDOOR SCHOOL STAFF**

When you step off the bus at Outdoor School you will be greeted by a large group of people who have been very busy preparing for your arrival. The Director is in charge of the Outdoor School site and is responsible for making sure everything goes smoothly and that you have a fun and educational week. Helping the director is the Assistant Director as well as the Adult staff, who were formerly counselors, plan and teach all the afternoon study activities. They are also in charge of all the other parts of the program; such things as campfires, meals and recreation. A Nurse lives at Outdoor School twenty-four hours a day to take care of your health needs. A Kitchen Staff and Camp Caretaker also work hard to make your week enjoyable.

A very special group of people are the Outdoor School Counselors. These are high school students who volunteer a week of their time to help teach and to live in the cabins with you. They have spent several weeks preparing for your visit.

## **NURSE**

If you are injured or do not feel well, you must report this immediately to your teacher, counselor or an Outdoor School staff member who will see that you visit the nurse. The nurse is available twenty-four hours a day to take care of all your health needs.

**Any medication you bring to Outdoor School must be turned over to the nurse.** Make sure your name and the prescribed dosage are written on the container. The nurse will see that your medication is given as required, but it is your responsibility to show up at the infirmary at the proper time.

# **WHAT TO BRING TO OUTDOOR SCHOOL**

## **IDENTIFY CLOTHING AND OTHER BELONGINGS**

We do not want you to lose clothing or other possessions while at Outdoor School. We require that you **MARK ALL YOUR PERSONAL ITEMS WITH YOUR NAME** using indelible ink or a sewn on patch. Your teacher will give you colored baggage identification tags to securely attach to your suitcase, handbag and bedroll or sleeping bag. Both sides of each tag should show your name.

## **PREPARING FOR OUTDOOR SCHOOL**

There are several things you will 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 forms that will need to be taken home and completed by our parents. These forms will need to be returned to your classroom teacher before you leave for Outdoor School.

It is important that you come to Outdoor School with appropriate clothing and equipment. Your comfort depends on being ready regardless of the weather. The following is a suggested list of items to bring. Please do not put your family through any needless expense. Bring older clothing and equipment that you may already have around your home. The main thing is to have enough clothing so you can keep warm if the weather is cold and keep dry in case of rain. Your parents will help you decide what clothing is best to keep you clean, warm, and dry.

### **CLOTHING:**

2-3 pairs of jeans or heavy pants  
2-3 long sleeve shirts  
2-3 short sleeve shirts  
8-10 pairs of socks  
5-6 changes of underwear  
Warm jacket  
Sweater

WATERPROOF raincoat

Boots

Sleep Wear

Tennis shoes

Extra pair of shoes (one pair should be waterproof)

Warm hat

### **SLEEPING GEAR:**

Warm sleeping bag or sheet  
with 3 blankets  
Pillow and pillow case

### **BATHROOM SUPPLIES:**

Bath towel

Wash cloth

Soap and container

Comb/Brush

Toothbrush and toothpaste

Hair dryer (optional)

chap stick

Sunscreen

**OTHER:**

Letter writing materials—at least 2 postcard/envelopes pre-stamped  
Pencils (3-4)  
Book to read  
Umbrella  
Camera

**PLEASE DO NOT BRING ANY ELECTRICAL OR BATTERY OPERATED APPLIANCES OTHER THAN A HAIR DRYER. THIS INCLUDES GAMEBOYS, PSP'S, IPOD'S, CD PLAYERS ETC. ALSO, LEAVE ALL MONEY, COMIC BOOKS, MATCHES, KNIVES, AND FOOD—INCLUDING CANDY AND GUM AT HOME!!!!**

Pack your gear in a suitcase or duffel bag. Please do not bring a large backpack with frame. Your teacher will tell you about any other items you will need to bring.

## **LIVING AT OUTDOOR SCHOOL**

### **CABIN LIVING GROUP**

At Outdoor School there will be students from five different sixth grade classes. You will join several students from the other classes to make up a cabin living group. Many activities will be done with your cabin group throughout the week. Many good friendships are formed by cabin mates.

There is always time each day for you and your cabin partners and counselors to play games, visit, and have fun. Everyone is responsible for keeping the cabin 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**

#### **BUNKS:**

Are sleeping bags or blankets arranged neatly? Is the gear off the floor? Are suitcases under the bunks? Is the arrangement orderly and consistent throughout the cabin?

#### **SHOES:**

Are shoes arranged neatly and not in the middle of the floor?

#### **CLEANLINESS:**

Have ledges, shelves, heaters and windowsills been dusted?

#### **FLOOR:**

Is the floor clean? (Check around bedposts.)

#### **GROUNDS:**

Are there bits of paper and other litter outside your cabin or in the area?

### **MEALS**

Everyone will eat meals together in the large dining hall. Delicious, well-balanced meals are served. **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 will go hungry. Everyone is expected to eat all the food on his or her plates. People at Outdoor School take pride in not wasting any of our food resources or food energy. Meals are also a time for visiting with both new and old friends. To encourage an atmosphere of gracious dining, practicing good table manners are emphasized.

## **DINING HALL KAPERS**

**Go-Fir:** It is the responsibility of the Go-Fir to get food for his/her table group. The Go-Fir will also get any additional servings if more is needed at his/her table group.

**Chopsticks:** It is the duty of the Chopsticks to see that the dining hall is ready for the meal. They work under the direction of a staff member to insure that all the tables are properly set. It is extremely important that the K.P.'s report on time for this duty so meals may be on time.

**K.P.:** It is the responsibility of the K.P.'s to remain in the dining hall after the meal and see that the tables are cleared and cleaned.

## **OTHER DUTIES**

**Flag:** It is the job of the cabin on Flag duty to raise or lower the flag at the beginning and end of each day.

**Weather:** It is the responsibility of the weather cabin to measure temperature, barometric pressure, wind speed and direction, and cloud cover to make a prediction for the day's weather. They then present the forecast to the rest of the students so that everyone can dress properly for the day's activities.

**Roustabout:** It is the responsibility of the roustabout to clean various portions of the camp to maintain a clean and healthy environment.



## **TABLE MANNERS**

Good table manners are stressed at the Outdoor School. We have provided a list of table manner terms that are used at Outdoor School. All students, staff, and visitors are expected to follow these manners for dining.

### **REMEMBER:**

1. Always pass to the right until everyone is served. After this, food may be passed either direction.
2. Receive plates with the right hand and pass with the left hand.
3. The Host/Hostess is served first and then the food is passed on to the right.
4. Don't forget PLEASE and THANK YOU when asking for articles at the table.
5. All meals served at the Outdoor School are prepared with a special effort to see that they are balanced. Serve yourself all foods served and remember to take what you eat and eat what you take.
6. Remove hats, caps, and hoods when in dining room.
7. Only the Go-Fir is allowed to leave the table for more food.

### **TERMS FOR TABLE MANNERS**

### **WHERE DID I GO WRONG?**

Breaking up a friendship

Not passing the salt and pepper together.

Finger Painting

Thumbs in the bowl or plate while you are passing it.

Flagpole

Leaving spoon in cereal or dessert bowl.

Traffic Jam

Not passing things one at a time or in the wrong direction.

Vacuum Cleaner

Slurping food.

Full House

Talking with your mouth full

PLEASE NOTE: Good table manners are stressed at Outdoor School. All students and staff are expected to follow these rules.

## LEARNING AT OUTDOOR SCHOOL

Outdoor School means school in the outdoors. You will spend the week learning about things that are better or more easily 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 than sitting on the bank of a pond?

Each morning and afternoon your classmates, instructors, and you will be exploring a different part of the camp environment. Most of the work will be 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 exploring, experimenting, and observing. You will be able to use all of your senses to discover new things about the environment. Seeing, hearing, smelling, touching, and even tasting are all important ways to get new information about your surroundings.

You will also get the chance to apply your skills in reading, mathematics, and writing. When learning in the outdoors it is often important to take notes or draw pictures that will help you remember your discoveries for discussion and sharing later.

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.

## **THE WEEK IN REVIEW**

### **MONDAY**

The day begins with the Passport Presentation at the middle school. The passports assist the students in learning seven environmental concepts. They introduce the concept with key statements, followed by an explanatory paragraph.

The sixth grade classes and their teachers will arrive at Camp Tadmor in the late morning. They will be welcomed by the counselors and the Outdoor School staff in the main parking lot and escorted to a community meeting. Introductions will be made and students will be given time to familiarize themselves with their surroundings. Each student will locate their cabin group, and they will depart to their cabins.

After the students are unpacked and settled into their cabin areas, each group will proceed to lunch. Following lunch there will be the Welcome To Camp presentation. This is a multimedia demonstration, which sets the stage for the week ahead.

Following the presentation, there will be a special Acclimatization Walk, where students will learn to use their senses in learning about nature.

Monday afternoon will finish with some Large Group Recreation Activities. This is a time for the students to just have some fun.

After dinner the students will attend a special activity. The evening will end with a short Campfire; singing songs, listening to stories, and enjoying the peacefulness of the nighttime.

### **TUESDAY – THURSDAY**

The concept Paths will take up the bulk of Tuesday, Wednesday, and Thursday mornings. The activities on the Concept Paths demonstrate the functioning of seven environmental concepts. Following each activity, the students are given time to enter their own example of the concept in action and to find an example of the concept in the natural world around them.

Shortly after lunch students will attend a workshop where they will get to participate in some memorable activities. The middle portion of the afternoon will be spent doing Field Study Activities, which explore water, soil and the forest. During this time, they will learn to identify different plants and animals in their environment.

Large Group Recreation, Dinner, Class Time with Teachers and the Campfire complete the rest of the day's program.

### **FRIDAY**

After packing up, each student will meet with his or her cabin group to design a special model planet. Following this activity, everyone will meet for a closing ceremony. The afternoon will conclude with a picnic.

## **OUTDOOR SCHOOL DAILY SCHEDULE**

### **MONDAY**

8:30	Arrive at Middle School, tag luggage, and load on trucks
9:00	Luggage van leaves, bathroom break and load busses
9:15	Leave for camp
10:30	Arrive and meet in lodge for community meeting: welcome, introductions and orientation
11:00	Counselors take students to cabins with luggage and then give students a camp tour (prep for lunch and recreation)
11:50	Line up for flag
11:55	Flag
12:00	Lunch on deck
12:45	Welcome to camp presentation – lodge
1:15	Acclimatization walk – meet in study group meeting areas
2:30	Snack – dining hall area
2:45	Recreation
4:00	Cabin Time (prep for dinner and evening activities)
5:00	Chopsticks/Flag/Weather report
5:20	Line up for flag
5:25	Flag
5:30	Dinner
6:30	Evening presentation – meet in lodge
7:45	Cabin time (prep for campfire)
8:00	Campfire
9:00	Prep for bed
9:30	Lights out
9:45	HS meeting
10:45	AS and Teachers meeting

## **TUESDAY – THURSDAY**

7:00	Wake up
7:10	Weather/Flag/Chopsticks report
7:20	Line up for Flag
7:25	Flag
7:30	Breakfast
8:15	Cabin Time (prep for concept paths)/KP/Roustabout
9:00	Concept Paths
11:30	Cabin Time (prep for lunch)
11:40	Chopsticks Report
11:50	Line up for lunch
12:00	Lunch
12:30	Cabin time (prep for workshops, field study, and recreation)
12:45	Workshops
1:30	Field Study – meet in FS meeting areas
3:30	Snack
3:45	Recreation
5:00	Cabin Time (prep for dinner and teacher time)
5:10	Weather/Flag/Chopsticks report
5:20	Line up for flag
5:25	Flag
5:30	Dinner
6:45	Class time with teachers (staff meeting)
7:45	Cabin time (prep for campfire)
8:00	Campfire
9:00	Prep for bed
9:30	Lights out

## **FRIDAY**

7:00	Wake up
7:10	Weather/Flag/Chopsticks report – Begin packing and cleaning cabins (this includes HS staff)
7:20	Line up for flag
7:25	Flag
7:30	Breakfast
8:15	Cabin time/ KP/Roustabout – (Awards Presentation)
8:30	Finish packing and cleaning cabins (this also includes HS staff)
9:15	Bring ALL gear to dining hall – YOU WILL NOT RETURN TO YOUR CABIN AGAIN (HS gear can go in basement) Final cabin inspection was – After inspection go immediately to lodge.
9:45	Morning activity begin in lodge
10:15	Meet in Field Study area for model planets activity
11:15	Closing
11:45	Lunch
12:30	Restroom Break
12:45	Say Good-Byes
1:00	Load up busses and depart for home
2:15	approximate arrival time at middle school

## **BEHAVIORAL EXPECTATIONS**

### **RULES FOR OUTDOOR SCHOOL**

Some behavioral guidelines are necessary at Outdoor School. These are simple, common sense rules that students must realize are good for everyone. These guidelines are not meant to restrict students from having an enjoyable experience, but rather to ensure safety and equal enjoyment for all students.

#### **CABINS**

1. Students are not allowed to enter other cabins.
2. Students are expected to be in bed and quiet by lights out time.
3. Students will remain in the cabins at night (except for emergencies) until counselors wake them for breakfast.
4. Pillow fights or roughhousing of any kind is not permitted.
5. Students will stay with their group at all times.
6. Directions given by counselors will be followed.

#### **TRAILS AND GROUND**

1. Stay on the trail and walk with your counselor.
2. No running, throwing, pushing, or using walking sticks.
3. Students will not remove or harm any living plant or animal.
4. Listen quietly at all times when counselor or teacher is speaking.

#### **DINING HALL**

1. Talk quietly at your table.
2. Only the GO-FIR is allowed up during the meal.
3. Following the meal, each cabin group will quietly assist in cleaning their table.
4. No throwing or playing with your food.
5. Listen quietly at all times when teacher or counselor is speaking.

#### **CAMPFIRES**

1. Stay with your counselor when going to and from the campfire area.
2. Talk quietly along the trails.
3. Only counselors and teachers will tend to the fire.

## **OUTDOOR SCHOOL DISCIPLINE POLICY**

Our Outdoor Discipline Policy reflects our commitment to provide students with a safe and positive learning environment in our outdoor setting. Our policy is based on the Stayton Middle School Student Handbook and parallels the progressive approach the students are used to, as closely as possible. Students need to realize that rules for indoor and outdoor conduct differ somewhat and they must follow them as directed.

### **VIOLATIONS AND CONSEQUENCES:**

We will attempt to follow the steps below when students choose to disrupt Outdoor School activities, violate specific rules and guidelines, or fail to respond positively to warnings and reminders from students counselors and staff.

#### **1. DISCIPLINE PROBLEMS**

- a. First Infraction – Time-out from staff member and reported to ODS director and classroom teacher.
- b. Second Infraction – Student will be referred to ODS director.

#### **2. INSUBORDINATION (REFUSAL TO FOLLOW DIRECTIONS)**

- a. First Infraction – Conference with sixth grade teachers and ODS director. Students are given a warning.
- b. Second Infraction – Student will pack bags, have an extended time-out, and be on probation for the remainder of camp.
- c. Third Infraction – Parent will be called to take student home for the remainder of the week.

#### **3. FIGHTING**

- a. First Infraction – Referral, which will result in all day, in-camp suspension.
- b. Second Infraction – Parent will be called to take student home for the remainder of week.

#### **4. THEFT/VANDALISM/DESTRUCTION OF PROPERTY**

- a. First Infraction – Parent will be called to take student home for the remainder of the week.

## **OUTDOOR SCHOOL PARENT VISITATION POLICY**

In order to maintain an educational environment at Outdoor School, we will have a visitation policy with the following requirements:

- Parents must give us 24 hours notice before visiting Camp Tadmor. This will allow us to arrange a guided tour through the camp, and ensures the smooth flow of the program.
- Visits must be arranged through the middle school office.
- Parents will check in with the director and will remain with the assigned staff member during the visit.

## **EMERGENCY PHONE**

Because there are so many activities going on at Outdoor School students will not be able to call parents during the week. However, if there is an emergency please call the camp at 541-451-4270, and ask for the director or a sixth grade teacher.

## **MAIL**

Students have a busy life at their “home away from home”. The schedule moves quickly keeping everyone very involved in all of the activities of Outdoor School. A letter from home is always a pleasant addition to the fun and excitement. Students are encouraged to write home and parents are encouraged to send a letter or card to Outdoor School. It usually takes a letter two days to arrive so mail them Monday to have letters reach Outdoor School by Wednesday. Mail is sent out and picked up daily. Address letters to:

Child's Name  
Stayton Outdoor School  
Camp Tadmor  
43943 McDowell Creek Dr.  
Lebanon, OR 97355



## **AFTER OUTDOOR SCHOOL**

Your stay at Outdoor School will be one of the most memorable in your educational career. You will learn about nature, not just by seeing, but by using all your senses.

But understanding nature is only 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. (Don't forget your passport!)
4. Smile and be cheerful! It will make things run more smoothly and everyone will have a more enjoyable experience.
5. Write down things you learn and feelings you have. Keep a journal. You can look at it later and smile as you remember!
6. Take pictures if you can. Some cameras are very inexpensive but can capture priceless moments.
7. Become a part of everything you experience. Don't let anything pass you by. Remember that this will be your only week at Outdoor School as a sixth grader, so don't waste a minute.
8. Look, hear, feel, enjoy, think, laugh, love, talk, listen, sing and learn. Then the time will be yours to keep forever.