

This form is designed to help Muslim families prepare for their child's visit to Foothill Horizons Outdoor School and to assist us in supporting students with their daily prayers. We have consulted with leaders from the local Islamic community in Stanislaus County, who are familiar with our program, to prepare this form and ensure that we meet the needs of all attendees.

**Student Name:** \_\_\_\_\_ **School:** \_\_\_\_\_

### **PRAYER FREQUENCY AND TIMES:**

Leaders in the local Islamic community have informed us that when traveling, some of the prayers may be combined.

- Dhuhr (2<sup>nd</sup> prayer) and Asr (3<sup>rd</sup> prayer) can be performed together
- Maghreb (4<sup>th</sup> prayer) and Isha (5<sup>th</sup> prayer) can be performed together

How many times a day will your child be praying while at Foothill Horizons? \_\_\_\_\_

Will your child need access to a restroom before praying to perform ablutions?  Yes  No

Will they need reminders from our staff?  Yes  No

### **PRAYER TIMES:**

➤ Please review the Daily Schedule on the back and write your child's prayer times below:

1. _____	2. _____	3. _____
4. _____	5. _____	6. _____

➤ Please check the items your child will bring to assist with their prayers:

- |  |   |
|--|---|
| <input type="checkbox"/> Watch with an alarm | <input type="checkbox"/> Prayer rug                     |
| <input type="checkbox"/> Compass             | <input type="checkbox"/> Backpack for carrying supplies |
| <input type="checkbox"/> Bottled water       | <input type="checkbox"/> Other: _____                   |

When your child arrives at Foothill Horizons our staff will meet with them, discuss the schedule, and show them places to pray. If a prayer time coincides with a hike or activity, your child may need to step away from the group to pray.

➤ Is there anything else we can help your child with? \_\_\_\_\_

➤ Please tell us about any dietary restrictions on your child's Permission/Health form.

- We can easily accommodate most dietary restrictions.

*Email this form to [foothillhorizons@stancoe.org](mailto:foothillhorizons@stancoe.org) or print it out and give it to your child's teacher to pass on to our staff on their arrival day at Foothill Horizons.*



Please review this schedule and determine the best times for your child to pray during the day then write those times on the lines provided on page 1.

## **SAMPLE DAILY SCHEDULE**

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### **7:00 a.m.: Wake Up**

From 7:00-7:30 a.m., students are getting ready for their day. There is a quiet, carpeted room in the Dormitory available for prayer, and a restroom is accessible nearby.

### **7:45-8:30 a.m.: Breakfast**

During this time, students are in the Dining Hall. Prayer space is available in the Health Office, and students have access to a restroom.

### **8:30-8:50 a.m.: Dorm Break**

Students return to the Dormitory for a small break. There is a quiet, carpeted room in the Dormitory available for prayer, and a restroom is accessible nearby.

### **8:50-11:30 a.m.: Morning Hiking Lesson**

Students are out on the trail, away from the buildings.

### **11:45 a.m.-1:00 p.m.: Lunch Time/Game Time**

During this time, students are in the Dining Hall. Prayer space is available in the Health Office, and students have access to a restroom.

### **1:15-3:45 p.m.: Afternoon Hiking Lesson**

Students are out on the trail, away from the buildings.

### **4:00-5:00 p.m.: Freeplay Recess Outside**

During this time students are outside for Freeplay (Recess). Prayer space is available in the Health Office, and students have access to a restroom.

### **5:00-5:30 p.m.: Dorm Break**

Students return to the Dormitory for a small break. There is a quiet, carpeted room in the Dormitory available for prayer, and a restroom is accessible nearby.

### **5:30-6:30 p.m.: Dinner**

During this time, students are in the Dining Hall. Prayer space is available in the Health Office, and students have access to a restroom.

### **7:00-9:00 p.m.: Evening Activities**

During this time, students can leave their evening activity to pray in our Health Office, where there is access to a restroom.

### **9:00-9:30 p.m.: Bedtime**

Students are getting ready for bed. There is a quiet, carpeted room in the Dormitory available for prayer, and a restroom is accessible nearby.

## **FIELD TRIP(S)**

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If your child is attending a four-day program, they will leave Foothill Horizons on one of the days to visit the Moaning Caverns and the Calaveras Big Trees State Park. They will be away from our campus from 9:00 a.m. to 4:00 p.m. The prayer space will likely be outdoors, and there is usually access to a bathroom.