



# The Foothill Five



- Celebrate efforts and achievements - both your own, and others'.
- Take responsibility for your words, actions, and body language.
- Be respectful of each other, yourself, our school, and nature.
- Commit to participate and to try new things.
- Be safe with your body and with other people's feelings.







## THE FOOTHILL FIVE EXPECTED BEHAVIORS



EXPECTED BEHAVIORS							
	ALL SETTINGS	DORMS	BATHROOMS	BUS	DINING HALL MEALS	DURING HIKES & CLASSES	FREEPLAY FIELD
CELEBRATE	<ul style="list-style-type: none"> <li>Give compliments.</li> <li>Be welcoming.</li> <li>Make new friends!</li> </ul>	<ul style="list-style-type: none"> <li>Thank people who help you!</li> <li>No put-downs or making fun of others.</li> </ul>	<ul style="list-style-type: none"> <li>You're saving water! <u>-Turn off the faucets!</u></li> </ul>	<ul style="list-style-type: none"> <li>Thank your bus driver.</li> </ul>	<ul style="list-style-type: none"> <li>Applaud achievements.</li> <li>Join the Clean Plate Club.</li> </ul>	<ul style="list-style-type: none"> <li>Discover someone else's strengths.</li> <li>Work as a team.</li> </ul>	<ul style="list-style-type: none"> <li>Celebrate others who try the WOW challenges.</li> </ul>
TAKE RESPONSIBILITY	<ul style="list-style-type: none"> <li>Listen to and follow directions.</li> <li>Be helpful.</li> </ul>	<ul style="list-style-type: none"> <li>Stay with your group.</li> <li>Tell your counselor what you need.</li> <li>Be honest.</li> <li>Do not leave your group.</li> </ul>	<ul style="list-style-type: none"> <li>Flush the toilet.</li> <li>Report mean behavior to an adult.</li> </ul>	<ul style="list-style-type: none"> <li>Quiet voices.</li> <li>Help the driver.</li> </ul>	<ul style="list-style-type: none"> <li>Clean your table.</li> <li>Stay seated.</li> </ul>	<ul style="list-style-type: none"> <li>Carry your water bottle and medications.</li> <li>Leave only footprints.</li> </ul>	<ul style="list-style-type: none"> <li>Return borrowed equipment.</li> <li>Be kind to others.</li> <li>Ask an adult for help.</li> </ul>
RESPECT	<ul style="list-style-type: none"> <li>Be kind.</li> <li>Respect nature and people.</li> <li>Use appropriate language.</li> <li>No put-downs.</li> </ul>	<ul style="list-style-type: none"> <li>Listen to and follow your counselor.</li> <li>Don't touch someone's stuff or bunk.</li> <li>No cussing.</li> <li>No photos in the dorms or bathrooms.</li> </ul>	<ul style="list-style-type: none"> <li>Wait your turn.</li> <li>Don't bang on stall doors.</li> <li>No photos.</li> <li>Keep conversations friendly.</li> </ul>	<ul style="list-style-type: none"> <li>No food.</li> </ul>	<ul style="list-style-type: none"> <li>Say please and thank you.</li> <li>Listen to the meal leader.</li> </ul>	<ul style="list-style-type: none"> <li>Listen to others.</li> <li>Disagree respectfully.</li> <li>Don't squish bugs or pick plants.</li> </ul>	<ul style="list-style-type: none"> <li>Show good sportsmanship.</li> <li>Treat equipment with care.</li> </ul>
COMMIT	<ul style="list-style-type: none"> <li>Try new activities!</li> <li>Include others.</li> </ul>	<ul style="list-style-type: none"> <li>Work to win awards.</li> <li>Help the group stay on time.</li> <li>No talking or playing between 9:30 p.m. and 7 a.m.</li> </ul>	<ul style="list-style-type: none"> <li>Everybody cleans.</li> <li>Try to go!</li> </ul>	<ul style="list-style-type: none"> <li>Teachers and counselor assist with supervision.</li> </ul>	<ul style="list-style-type: none"> <li>Volunteer to serve.</li> <li>Try new foods.</li> </ul>	<ul style="list-style-type: none"> <li>Accept challenges.</li> <li>Share your ideas and ask questions.</li> <li>Learn something new!</li> </ul>	<ul style="list-style-type: none"> <li>Try new challenges or games.</li> <li>Include others.</li> <li>Meet new people.</li> </ul>
BE SAFE	<ul style="list-style-type: none"> <li>Keep your hands and feet to yourself.</li> <li>If you see something, say something.</li> <li>Stay with your group.</li> </ul>	<ul style="list-style-type: none"> <li>Be kind with your words and actions.</li> <li>Do not hang on the rafters, whether it's you or your stuff.</li> <li>No play fighting or pushing.</li> </ul>	<ul style="list-style-type: none"> <li>Keep water off the floor.</li> <li>Wash your hands.</li> </ul>	<ul style="list-style-type: none"> <li>Stay in seat.</li> <li>Face forward.</li> <li>No throwing.</li> <li>Keep hands and feet to yourself.</li> </ul>	<ul style="list-style-type: none"> <li>Clean hands!</li> <li>No eating contests.</li> <li>Special diet? Talk to the cooks.</li> </ul>	<ul style="list-style-type: none"> <li>Stay on the trail.</li> <li>No throwing rocks or sticks.</li> <li>Avoid poison oak!</li> </ul>	<ul style="list-style-type: none"> <li>Stay within boundaries.</li> <li>Play hard but fair.</li> <li>Report dangerous conditions or broken equipment.</li> </ul>

# DORM BEHAVIOR CHART

POSITIVE BEHAVIOR		CONSEQUENCES	
<b>CELEBRATE RESPECTFUL BEHAVIOR</b>	<ul style="list-style-type: none"> <li>Helping others by holding door, assisting with backpack, comforting others</li> <li>Getting in line when asked</li> <li>Being quiet at night</li> <li>Cleaning</li> <li>Being prepared for hikes</li> <li>Asking how to help you</li> <li>Joining clubs</li> <li>Including others</li> </ul>		<ul style="list-style-type: none"> <li>High five</li> <li>Verbal praise:                             <ul style="list-style-type: none"> <li>“Thank you for...”;</li> <li>“I love it when you...”</li> </ul> </li> <li>Spot at the front of the line</li> <li>Wow board (as many times as the child deserves)</li> <li>A Bead</li> <li>Dorm awards (clean, quiet, helpful)</li> </ul>
NEGATIVE BEHAVIOR		CONSEQUENCES	
<b>DISRUPTIVE BEHAVIOR</b>	<ul style="list-style-type: none"> <li>Keeping others awake</li> <li>Jostling others in line</li> <li>Not lining up on time</li> <li>Talking over naturalist, teacher, counselor</li> <li>Not following directions</li> <li>Calling names, teasing excluding</li> </ul>		<ul style="list-style-type: none"> <li>“_____ is not okay at Foothill”</li> <li>Move student to another location (i.e. bunk, spot in line, seat at table)</li> <li>Stand by the student                             <ul style="list-style-type: none"> <li>Then: 5 min, 10, 15 min off freeplay</li> </ul> </li> </ul>
<b>HURTFUL OR HARMFUL BEHAVIOR</b>	<ul style="list-style-type: none"> <li>Repeated disruption</li> <li>Repeated not following directions</li> <li>Non-directed hate language</li> <li>Repeated calling names, teasing, excluding</li> <li>Play fighting</li> </ul>		<p><b>GET STAFF OR TEACHER</b></p> <ul style="list-style-type: none"> <li>STEP 1 or 2 administered by teacher or FH Staff</li> </ul>
<b>HURTFUL OR HARMFUL BEHAVIOR</b>	<ul style="list-style-type: none"> <li>Directed hate speech</li> <li>Fighting or violent behavior</li> <li>Exposing genitals (own or others)</li> <li>Harassment, intimidation</li> <li>Touching others at night</li> <li>Theft</li> <li>Threats</li> <li>Student not responding to adult or yelling, screaming or running</li> </ul>		<p><b>IMMEDIATELY</b></p> <ul style="list-style-type: none"> <li>Get staff or Teacher</li> </ul> <p><b>STEP 2 OR 3</b></p> <ul style="list-style-type: none"> <li>administered by teacher or FH Staff</li> </ul>

REWARD WHAT YOU WANT

SEEK TO UNDERSTAND THE CAUSE

## CHILDREN’S RIGHTS:

1. **To be safe at all times**
2. **To be helped by all adults**
3. **To have privacy**
4. **Have the best week at Foothill**



## FOOTHILL HORIZONS OUTDOOR SCHOOL DISCIPLINE GUIDE

“...The right to public safety extends to public and private schools and students and staff have the right to be safe and secure in their persons.”  
 -California Constitution, Article 1 Section 28 (7)

**EXAMPLES OF BEHAVIORS:** Students may accumulate steps or may jump to Step 2 or 3 depending upon their behavior.

- This is a representative, not an exhaustive list.
- Steps do not “start over” each day.

CATEGORY OF MISBEHAVIOR	STEP 1: FORMAL WARNING (If you see it, please take care of it.)	STEP 2: CALL HOME (Get the student’s teacher and talk to FH staff.)	STEP 3: GO HOME (Get the student’s teacher and talk to FH staff.)
	Behaviors are disruptive and affect the experience of others.	Serious behavior that harms others' experiences, feelings, or bodies.	Behavior demonstrates that the student is unsafe and not trustworthy in the dorms supervised by counselors.
Not following directions after being told multiple times	<ul style="list-style-type: none"> <li>• Accumulated more than 15 minutes of detention in 24 hours</li> <li>• Disruptive during program activities</li> </ul>	<ul style="list-style-type: none"> <li>• Repeatedly ignoring instructions</li> </ul>	<ul style="list-style-type: none"> <li>• Willful defiance</li> </ul>
Intentionally hurting others’ feelings	<ul style="list-style-type: none"> <li>• Hate language               <ul style="list-style-type: none"> <li>◦ i.e., gay, retarded, bitch, slut – consider Step 2</li> </ul> </li> <li>• Gossiping or spreading rumors</li> <li>• Called someone a name</li> <li>• Swore at someone</li> </ul>	<ul style="list-style-type: none"> <li>• Severe hate language               <ul style="list-style-type: none"> <li>◦ i.e., n-word, faggot</li> </ul> </li> <li>• Sexual noises or gestures in the dorms or outside</li> </ul>	<ul style="list-style-type: none"> <li>• Repeated harassment</li> <li>• Threatening another person</li> </ul>
Violating another’s personal space, body or property	<ul style="list-style-type: none"> <li>• Touching another student’s stuff, after being asked not to</li> <li>• Climbing on another student’s bed, after being asked not to</li> <li>• Graffiti</li> </ul>	<ul style="list-style-type: none"> <li>• Flashing or Mooning</li> <li>• Theft</li> <li>• Destroying or stealing FH or another person’s property</li> </ul>	<ul style="list-style-type: none"> <li>• Opening toilet stalls while occupied</li> <li>• Pulling towel or clothes off another student</li> </ul>
Fighting	<ul style="list-style-type: none"> <li>• Play-fighting</li> <li>• Pushing or jostling</li> </ul>	<ul style="list-style-type: none"> <li>• Touching another person out of anger</li> </ul>	<ul style="list-style-type: none"> <li>• Fighting</li> <li>• Hitting students or staff</li> </ul>
Causing or participating in dorm chaos	<ul style="list-style-type: none"> <li>• Banging on walls, yelling</li> <li>• Shining flashlight in someone’s eyes</li> <li>• Hanging from rafters</li> <li>• Gossiping or spreading rumors</li> <li>• Repeatedly making noises after lights out</li> </ul>	<ul style="list-style-type: none"> <li>• Continued gossiping or spreading rumor</li> <li>• Sexual noises or gestures in the dorms or outside</li> </ul>	
Lying to an adult	<ul style="list-style-type: none"> <li>• Didn’t turn in contraband items</li> </ul>		

### **STUDENT RIGHTS:**

*Students have the right to relate their “side of the story” before a discipline consequence is carried out. This is known as Due Process.*

*Additional documents: Foothill Five rules, Children Rights and Best Practice in Discipline at Foothill Horizons*

# Dorm Awards - Proudly shown on Dorm Banners

	<p style="text-align: center;"><b>TRIED SOMETHING NEW AWARD</b></p> <p>Counselors give this award when every student in their dorm has tried something new that day. This could include climbing on rocks, meeting someone new, tasting new food, or sleeping away from home for the first time, among other experiences. Counselors can have students share with each other what new things they have tried.</p>
	<p style="text-align: center;"><b>ON TIME AWARD</b></p> <p>Counselors give this award to the dorm if all students (excluding students who are with a staff member, teacher, or in H.O.) are <b>on time</b> to their scheduled events.</p>
	<p style="text-align: center;"><b>READY TO ROCK AWARD</b></p> <p>Counselors and staff give this award to the dorm if all students arrive at an activity prepared with jackets, proper shoes, filled water bottles, and other necessary items.</p>
	<p style="text-align: center;"><b>AWESOME ATTITUDE AWARD</b></p> <p>Counselors give this award to their dorm if students exhibit a positive attitude. This could include words of encouragement given by students to each other, not complaining constantly, and being willing to help each other.</p>
	<p style="text-align: center;"><b>TEAMWORK AWARD</b></p> <p>Counselors give this award to the dorm for any time a group works well together. This could include a team game in class, working together to prepare for inspection, packing luggage, helping clean their meal table, Dorm Olympics, and more.</p>
	<p style="text-align: center;"><b>KINDNESS COUNTS AWARDS</b></p> <p>Counselors give this award if counselors witness students in their dorm group being extra supportive and kind to one another.</p>
	<p style="text-align: center;"><b>HECKA HYDRATED AWARD</b></p> <p>Counselors give this award when students come to class with their water bottles completely filled and do not throw out their water onto the ground, or when students do a good job of remembering to drink water throughout the day.</p>
	<p style="text-align: center;"><b>HELPING HAND AWARD</b></p> <p>Staff members give this award to the dorm for any extra helpful actions by any students, such as setting up or taking down tables, helping with the flag ceremony, or carrying snacks during freeplay.</p>
	<p style="text-align: center;"><b>SUPER SLEEPER AWARD</b></p> <p>Staff members award this at breakfast. Students earn this award by staying quiet and in bed between 10 p.m. and 7 a.m. Foothill staff will confirm with counselors in the morning who deserves this prestigious award!</p>
	<p style="text-align: center;"><b>GOLDEN BROOM AWARD</b></p> <p>Staff members give this award if a dorm earns a perfect score on the dorm inspection.</p>

# Dorm Awards - Proudly shown on Dorm Banners

## More Awards!



### BEADS

Counselors award beads to students for being excellent members of the Foothill Five.

WOW  
board

### WOW BOARD

Staff, counselors, and teachers write students' names on the Giant Whiteboard in the Dining Hall for any student who is being an excellent member of the Foothill Five or for joining any of the mean clubs!



Trail  
points

### TRAIL POINTS

Many staff members award points for lining up on time, wearing name tags, following instructions, or for helping out. These points are often used for games such as camouflage!

Student: \_\_\_\_\_ School: \_\_\_\_\_ Group: \_\_\_\_\_ Dorm: \_\_\_\_\_

## STEP 1 = CONFERENCE

DATE: _____	APPROXIMATE TIME OF INCIDENT: _____
ACTIONS/WORDS: <i>What did you do that you shouldn't have?</i>	
WHY: <input type="checkbox"/> <i>What were you intending when you did that?</i> <input type="checkbox"/> <i>What was happening that caused this?</i>	
HOW WAS YOUR BEHAVIOR PERCEIVED BY OTHERS? <input type="checkbox"/> <i>Are there any hurt feelings because of this?</i>	
FUTURE PLAN OF ACTION? <input type="checkbox"/> <i>What would help you feel like you could be more successful?</i> <input type="checkbox"/> <i>Do any apologies need to happen?</i> <input type="checkbox"/> <i>What changes can you make to keep this from happening again?</i>	
Student Signature: _____	
Student's Teacher: _____	Person Issuing Step (if not Teacher): _____

## STEP 2 = CALL HOME

DATE: _____	APPROXIMATE TIME OF INCIDENT: _____
ACTIONS/WORDS: <i>What did you do that you shouldn't have?</i>	
WHY: <input type="checkbox"/> <i>What were you intending when you did that?</i> <input type="checkbox"/> <i>What was happening that caused this?</i>	
HOW WAS YOUR BEHAVIOR PERCEIVED BY OTHERS? <input type="checkbox"/> <i>Are there any hurt feelings because of this?</i>	
FUTURE PLAN OF ACTION? <input type="checkbox"/> <i>What would help you feel like you could be more successful?</i> <input type="checkbox"/> <i>Do any apologies need to happen?</i> <input type="checkbox"/> <i>What changes can you make to keep this from happening again?</i>	
Student Signature: _____	
Student's Teacher: _____	Person Issuing Step (if not Teacher): _____
Notes from call: _____	Time parent notified: _____

Student: \_\_\_\_\_ School: \_\_\_\_\_ Group: \_\_\_\_\_ Dorm: \_\_\_\_\_

### STEP 3 = GO HOME

DATE: \_\_\_\_\_ APPROXIMATE TIME OF INCIDENT: \_\_\_\_\_

**ACTIONS/WORDS:** *What did you do that you shouldn't have?*

**WHY:**  *What were you intending when you did that?*       *What was happening that caused this?*

**HOW WAS YOUR BEHAVIOR PERCEIVED BY OTHERS?**  *Are there any hurt feelings because of this?*

**FUTURE PLAN OF ACTION?**  *What would help you feel like you could be more successful?*     *Do any apologies need to happen?*  
 *What changes can you make to keep this from happening again?*

Student Signature: \_\_\_\_\_

Student's Teacher: \_\_\_\_\_ Person Issuing Step (if not Teacher): \_\_\_\_\_

Notes from call: \_\_\_\_\_ Time parent notified: \_\_\_\_\_

