



FAMILY INFORMATION OVERNIGHT PROGRAM



Dear Families,

Foothill Horizons Outdoor School offers a once-in-a-lifetime learning experience for your child. Families say that their child returns home more mature, excited to learn about science and nature. While at Foothill children engage with standards-based instruction focused on learning science, growing personally and socially, and connecting to nature in a safe, nurturing environment. We are owned and operated by Stanislaus County Office of Education and have been teaching children for over 60 years.

SUPERVISION

Children are supervised at all times. Below are the people who will be caring for your child.

- Classroom teachers—your classroom teacher will attend with your child and participate in many activities with your child such as hikes on the trails, eating meals and recess.
- Naturalists—the naturalist provides the instruction on the trail and coordinates all activities. Naturalists are hired staff from Stanislaus County Office of Education, including background checks and training.
- High School Counselors—these young leaders are screened and selected to assist your child in the dorms, such as getting ready for the day and arriving to hikes on time and prepared.

FACILITIES

Children live in a heated and cooled dormitory building. The dorms are separated into a girls' section and a boys' section. Each section has a large bathroom and showering area. Children will be supervised at all times, in the dorms. The facilities are clean and safe.

MEALS

Meals are cooked onsite and served family style. Most children enjoy the food. Children receive well-balanced meals that are served "family-style." If your child has food they cannot eat or is allergic to any food, please write the details on your child's Health Information Form. Refer to **Students with Special Diets and sample menu on our website.**



Videos, FAQs, forms, packing list www.foothillhorizons.com
Click on: "Overnight programs," then "families"

CERTIFICATIONS / INSPECTIONS

- Owned and operated by **Stanislaus County Office of Education.**
- Certified by the **California Department of Education** as an Outdoor School.
- Inspected by the Health Department, Environmental Health Department, and California Association of Outdoor Schools.





THE LEARNING EXPERIENCE

Children participate in many first-time learning experiences that they remember for years. Most students excel in the hands-on learning environment. For many children it is the first time dipping their feet into a cool mountain stream, listening to the wind in the trees or watching a squirrel leap from branch to branch. Our Naturalist staff create a safe environment for students to learn about science outdoors as it happens. For example: students learn about the food chain while watching a deer browsing or exploring for signs of animals and digging for decomposers. In addition to learning science, students learn that they can depend on their classmates and face challenges. These social and personal achievements lead our families to comment on how

mature their child has become during a week at Foothill Horizons Outdoor School.

HEALTH CARE PROVIDED

We strive to provide exceptional care for every student who attends the program. On the Student Health Form write any medical needs, medications, and recent illness or injuries. Our health office staff is available to help students between 7am and 9:30pm; 2 trained staff members are on call all night. All staff are trained in CPR and First Aid. A registered school nurse is on site the first day students arrive to establish care plans and review medication administration. If your child becomes ill or injured while at Foothill Horizons, you will be notified and/or called to pick up your child.

STUDENTS WITH SPECIAL NEEDS and/or SERIOUS HEALTH CONCERNS

All children deserve the Foothill experience. If your child requires individualized support such as a one-to-one aide or has a serious health concern, such as diabetes, seizure disorder, heart condition, chronic illness, or severe physical limitations, contact Foothill 6 weeks in advance of your child attending. Additional forms may be required. We welcome all children.

CHILDREN'S MEDICATION

If your child needs to take ANY KIND of medication (including over the counter drugs like Tylenol, Benadryl, vitamins, Tums, cough drops, etc.), you must have your doctor fill out our **“Request for Administration of Medication at Outdoor School”** form available at your school or by going to our website.

One month before your child attends, start completing the medication form. You will need to:

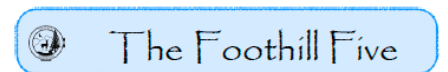
1. Read and complete the form accurately. It **must** have a parent or guardian signature on it.
2. Get the form signed by the child's doctor.
3. Package the form and medication in the original container in a plastic bag, such as a Ziploc bag.
4. Deliver the medication/s to your school for review by the school nurse.

BEHAVIOR

Students must follow all school rules while at Foothill Horizons. Every child has a right to be safe, a right to privacy and a right for all adults to help them. Students are prohibited from engaging in the following: raiding other dormitories; going into the opposite sex's dormitory; stealing someone's belongings; using foul or abusive language; hazing or bullying another student in any way. Students who violate these rules will be counseled and may be restricted from some activities.

We follow a progressive discipline system:

- Step 1: The student has a conference with their teacher
- Step 2: The student calls home
- Step 3: The student must go home



- 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.



When a student receives a third step you must pick them up and they will go home. Students who commit a serious offense will be sent home immediately for the safety of other students. Students sent home for discipline will not receive a refund.

DORMS/ CHANGING/ SHOWERS

Students are often overly concerned about changing and showering. There are many options for students to change, such as changing under their blankets, in between the giant bunks or hanging up a towel between bunks to create a space to change or get ready for showers. Each dorm will also have a curtained changing area. Showers will be optional but encouraged. If students are still concerned about changing options, they may talk to their counselors, teachers, or Foothill staff. Students should bring a robe or large towel for showers and a swimsuit, if desired. Dorms are always supervised, and students are never alone with an adult or another child. Photos of dorm rooms, bathrooms and showers are on the website.

TRANSPORTATION:

Students will be transported by Foothill Horizons School Bus drivers; however, during emergencies or to create more space on a full bus, students may be transported by Foothill Horizons staff who have been trained to drive students in Foothill Horizons vehicles. In 4-day programs, students are transported to Moaning Caverns and Calaveras Big Trees State Park.

BED BUGS

More than 7,000 people visit Foothill Horizons during the course of a year, and occasionally they unintentionally bring bed bugs with them. We are contracted with Clark Pest Control to treat and inspect for Bed Bugs monthly. Every weekend our staff inspects all dorms and also during your child's stay. We believe in honesty and will notify you of any suspicion of bed bugs. For best practice, we strongly encourage families to BEFORE AND AFTER your child's trip:

1. Visually inspect items for bugs.
2. Tumble dry bedding and luggage in a clothes dryer on high heat for 30 min.
3. Spray all non-washable luggage with alcohol-based spray (such as Lysol).





PACKING LIST



Pack clothes that can get dirty! Your child will be exploring and learning in an outdoor classroom.
Please **label items** with your child's name.

DRESS CODE

Standard school dress code—including no sandals, crocs, flip flops outside of the dorms

ESSENTIAL ITEMS

- | | |
|--|---|
| <input type="checkbox"/> Sleeping bag OR 3 blankets and sheets | <input type="checkbox"/> 1 pillow with case |
| <input type="checkbox"/> 2 pairs of shoes (no sandals) | <input type="checkbox"/> Raincoat with hood or poncho |
| <input type="checkbox"/> 3 pairs of pants/shorts | <input type="checkbox"/> 1 pair of pajamas |
| <input type="checkbox"/> 3 shirts | <input type="checkbox"/> 6 pairs of socks |
| <input type="checkbox"/> 2 long sleeve shirts | <input type="checkbox"/> 5 underpants |
| <input type="checkbox"/> 1 warm shirt or sweater | <input type="checkbox"/> Gloves/mittens (winter) |
| <input type="checkbox"/> 1 warm jacket | <input type="checkbox"/> Warm Hat or sun hat |
| <input type="checkbox"/> Hairbrush | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Body wash/soap |
| <input type="checkbox"/> Shampoo/conditioner | <input type="checkbox"/> 2 small packs of tissues |
| <input type="checkbox"/> 1 large bath towel | <input type="checkbox"/> 1 wash cloth |
| <input type="checkbox"/> Sanitary napkins | <input type="checkbox"/> Bathrobe & shower sandals |
| <input type="checkbox"/> Water bottle! | <input type="checkbox"/> 2 large trash bags |
| <input type="checkbox"/> | <input type="checkbox"/> |

OPTIONAL ITEMS

- | | |
|---|--|
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Bedroom slippers |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Notebook and pencil |
| <input type="checkbox"/> Insect repellent (non-aerosol) | <input type="checkbox"/> Envelopes, stamps, post cards |
| <input type="checkbox"/> Hand lotion | <input type="checkbox"/> |

ITEMS THAT MAY NOT BE TAKEN

- | | |
|---|--|
| <input type="checkbox"/> Cell Phones | <input type="checkbox"/> Hair Spray |
| <input type="checkbox"/> Electronic devices | <input type="checkbox"/> Makeup |
| <input type="checkbox"/> Smart watches | <input type="checkbox"/> Knives |
| <input type="checkbox"/> Money | <input type="checkbox"/> Aerosols |
| <input type="checkbox"/> Hair dryers | <input type="checkbox"/> Athletic equip. |
| <input type="checkbox"/> Hair curlers | <input type="checkbox"/> Candy/gum |

If children do not have items, Foothill has items to borrow or use, including toothbrushes, soap, rain gear, and warm jackets, hats, and gloves

CONTACTING YOUR CHILD AT FOOHILL

Outdoor school provides an excellent opportunity for students to gain independence in a supportive, safe environment. Children are not allowed to have cell phones, which can be concerning for parents. We will contact you in the event of an emergency, illness, or injury.

FACEBOOK/ INSTAGRAM

While your child is at Foothill, staff will post pictures on our public Facebook and Instagram accounts. Additionally, classroom teachers often post photos of students on their own classroom/school account.

VISITING

We do not have visitation hours during the week; however, if you would like to see the site, please attend one of our open houses held twice a year.

TELEPHONE

Please do not call your child except in case of real emergency. Due to the number of students who attend the program we discourage students from calling home; however, if any concerns arise, a staff member will call you.

MAIL: Send your child a letter!

Write on the envelope:
Your Child's Name, Your Child's School
Foothill Horizons
21925 Lyons Bald Mountain Rd.
Sonora, CA 95370-8770

