

Outdoor School Parent Handbook



Created by
The Calapooia Watershed Council
Greater Albany Public Schools

GENERAL INFORMATION

Calapooia Watershed Council (CWC)

The Calapooia Watershed Council is a non-profit organization that promotes and sustains the health of the Calapooia Watershed through stewardship, restoration, education, and community engagement. Our Youth Education program is committed to providing students of our service area with meaningful outdoor learning experiences.

Outdoor School (ODS)

Outdoor school is an overnight science camp provided to 5th or 6th grade students in Oregon, with a focus on 6th grade in Greater Albany. The program combines watershed and natural resource science with art, history, language arts, math, engineering, physical education, and leadership and confidence-building skills. Students have the opportunity for hands-on curriculum-based learning that cannot be attained in the classroom.

Outdoor School is not a break from school, the experience has many benefits. A recent study by the State Education and Environment Roundtable (SEER) found that that integrating the environment into learning resulted in a number of student benefits, including higher standardized test scores, fewer disciplinary issues, greater problem solving and critical thinking skills, enhanced capacity for group work, and greater ability to apply science and civic processes to real-world situations. In addition, promoting time outdoors with students of this age group is critical, as 11 and 12 year-old children spend less time outdoors than younger children. By promoting outdoor activity, participation in ODS prepares students for a more active, healthy lifestyle as they grow into adulthood.

Outdoor School is provided by Greater Albany Public Schools and the Calapooia Watershed Council. The 2018 program will be held at at Camp Harlow.

CAMP HARLOW

Camp Harlow

Address: 3850 County Farm Road, Eugene, OR 97408

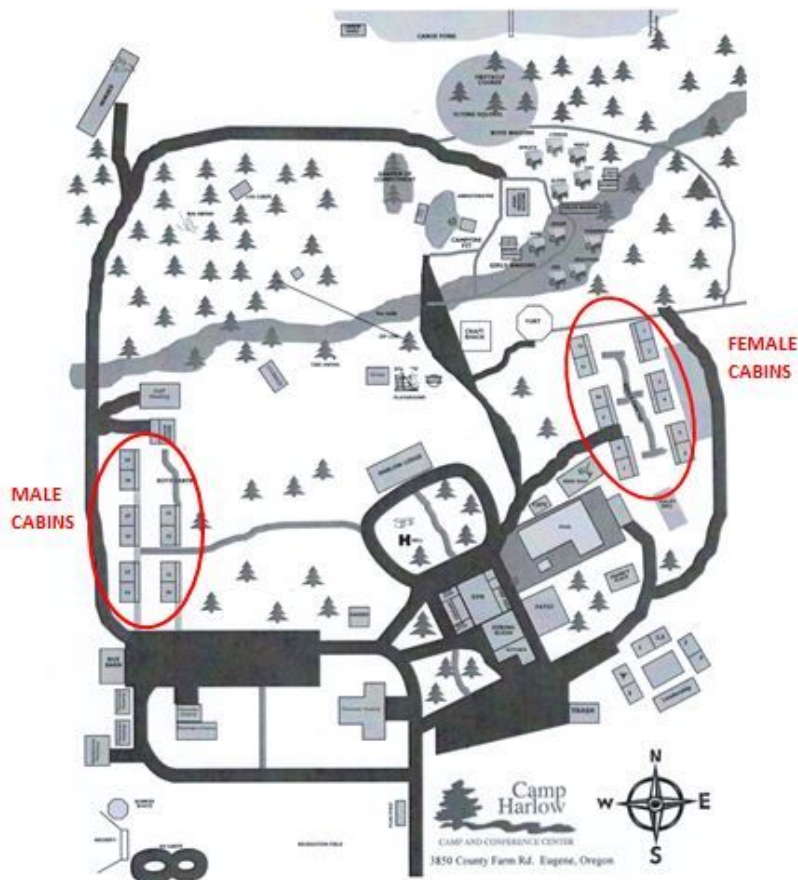
Phone: (541) 683-5416

Website: www.campharlow.com

The camp is a large facility that can lodge over 200 people. Sixth grade students will be staying in cabins with 10 students and 2 counselors. Boys and girls will **not** be staying in the same cabins. In addition, female cabins will have female counselors and male cabins will have male counselors. The boys and girls cabins are located on opposite sides of the campgrounds (see camp map). The facility also has private indoor shower stalls and changing areas.

The campgrounds are not fenced but CWC staff will ensure that all boundaries are clearly marked before students arrive at camp. Students will be instructed to stay within ODS boundaries **AT ALL TIMES**. Failure to comply will result in disciplinary action. Counselors and ODS staff will enforce boundaries.

Camp Harlow offers several team building activities for the students at ODS. These activities are led by trained Camp staff to ensure a safe and enjoyable time for all students. This year, all students will complete the low ropes course with their study groups on the first day of camp. Later in the week, they will have the choice to do **ONE** of the following activities: zipline, suspension bridge, rock wall, or the big swing. Students will be asked to choose their top 3 choices, and the slots for each activity will be filled on a first-come, first-served basis.



CURRICULUM

ODS curriculum begins in January with with a series of four classroom lessons, leading up to camp in the spring.

Topics Include:

- Watersheds & the water cycle
- Food webs
- Fish biology
- Birds of prey
- Native plants
- Soils
- Casting and knot tying
- Archery
- Campfire safety
- Nature based arts and crafts
- Weather systems
- Journaling
- Leadership skills
- Team-building skills

CAMP COUNSELORS

There will be 2 counselors for every 10 students at Outdoor School. Counselors will be selected from Albany high school students and local colleges and universities. All counselors will have to pass a background check and an application/interview process before being selected. Students will NEVER be alone with a single counselor; there will always be another adult or student present. **NO PERSON** unaffiliated with the Outdoor School program or Camp Harlow will be permitted on the premises at any time during ODS.

Outdoor School Code of Conduct

1. Students must remain within marked camp boundaries unless accompanied by an adult staff member. Boundaries will be enforced by counselors and adults.
2. For safety and conservation of the site, students must never wade in ponds/ creeks unless instructed.
3. No throwing rocks, pine cones, etc.
4. Students must not leave their cabin after 9:30 PM.
5. Students should NOT remove, injure or destroy living plants or animals. Collecting of scientific specimens under the guidance of a teacher is permitted.
6. Roughhousing of any kind is not permitted. (This is especially important during campfire!)
7. Should a student become sick or injured they must inform their teacher or counselor immediately, day or night.
8. Everyone is expected to comply with the Outdoor School schedule.
9. We all must remember that we are guests at the site and conduct ourselves accordingly. Littering the grounds, destroying property,

or acting in an obnoxious manner are not the acts of good guests.
10. Students will adhere to all rules and behavior expectations as
outline in the _____



CONTACT INFORMATION

Memorial Middle School

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After Hours Contact

The Outdoor School team is in the process of hiring a Camp Facilitator who will be the 24 hour contact for emergencies. Contact information for the Camp Facilitator will be shared prior to Outdoor school.

Parent & Staff Communication with Remind

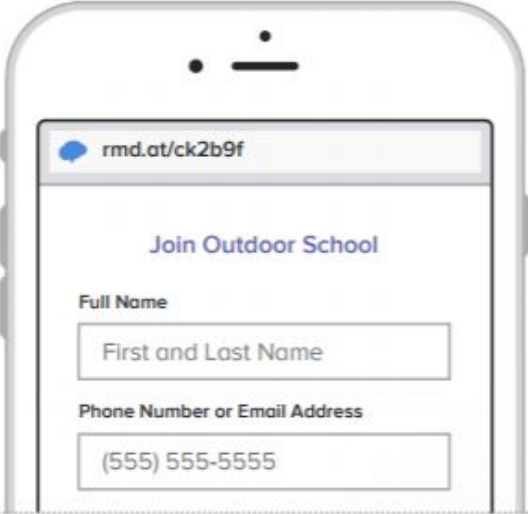
Pick a way to receive messages for **Outdoor School**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/ck2b9f

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




The image shows a smartphone screen with a sign-up form for 'Join Outdoor School'. The URL 'rmd.at/ck2b9f' is at the top. The form has two input fields: 'Full Name' with the placeholder 'First and Last Name', and 'Phone Number or Email Address' with the placeholder '(555) 555-5555'.

B If you don't have a smartphone, get text notifications.

Text the message @ck2b9f to the number 81010.

If you're having trouble with 81010, try texting @ck2b9f to (971) 264-2938.

** Standard text message rates apply.*



The image shows a smartphone screen displaying a text message. The 'To' field contains the number '81010'. The 'Message' field contains the text '@ck2b9f'.

Don't have a mobile phone? Go to rmd.at/ck2b9f on a desktop computer to sign up for email notifications.

Outdoor School Supply List

Following is a suggested list of items to bring. **Please do not put your family to any needless expense.** Bring older clothing and equipment that you may already have around your home. The main thing is to have enough clothing to keep children warm if the weather is cold and dry in case of rain. Be prepared for varied weather conditions! **You may want to label all items** in case they become mixed up in the cabins. All clothing must comply with the school dress code. Bring enough clothing for 4 days plus extra: there are no laundry facilities. If there are needed items listed below that you do not have, please complete the attached supply request form.

Sleeping gear:

- Sleeping bag/bedding (mattresses provided)
- Extra blanket (optional)
- Pajamas/Sleeping clothes (warm socks!)
- Pillow (optional)

Clothing:

- Rain gear/rubber boots (strongly recommended)
- Athletic Shoes (if possible, bring an extra pair in case one gets wet/muddy and needs to dry)
- Long pants
- Shorts (optional)
- Warm jacket
- Lighter jacket and/or sweatshirt
- Shirts (long and short sleeved)
- Underwear
- Socks - bring extra (1 pair of non-cotton thermal socks recommended)
- Warm hat and gloves (optional, for nighttime activities)
- Swimsuit (optional, for shower only)

Personal Gear:

- Backpack (optional, for carrying items)
- Soap
- Shampoo/conditioner
- Toothbrush/toothpaste
- Deodorant
- Towel
- Shower shoes/flip-flops
- Comb/brush
- Sunscreen
- Lip balm (optional)
- Bug spray (optional)
- Glasses/case/contacts
- Medications (do not send with student; staff will obtain medication from school)

Equipment:

- Flashlight (optional)
- Reusable water bottle
- Pencil and notebook

DO NOT BRING: money, electronic items (mp3 players, CELL PHONES & video games), hair dryers, make-up, hair spray, perfume & body spray, matches & lighters, knives, or things to eat— including candy or gum.

Supply Request Form

If there are supplies listed above that you are unable to provide for your child, please list the items on the form below. Include size when applicable. To receive assistance, please return this form to the office at Memorial Middle School by March 1, 2018.

Name: _____

Date: _____

School: _____

Item: _____

Size: _____

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Parent/Guardians Volunteer

Parent and community volunteers make important contributions to our schools and enrich educational opportunities for students. Before signing up to help in a school, volunteers must complete required criminal background check forms. Criminal background checks should be completed online at: <http://albany.k12.or.us/about/volunteer>

After completing the form, allow one to two weeks for processing and approved applications will then be valid for two years.

- I am interested in being a parent volunteer and have completed the online Criminal Background Check form.
- I am not interested in volunteering for Outdoor School

Volunteer Role Sign-Up

Name _____ Contact Number _____
 Child's Name _____ Email _____

MMS Outdoor School Parent Sign-up						
		All Week	Tuesday (Day 1)	Wednesday (Day 2)	Thursday (Day 3)	Friday (Day 4)
Female Chaperones	Half Day AM					
	Half Day PM					
	All Day					
	Stay Overnight					
		All Week	Tuesday (Day 1)	Wednesday (Day 2)	Thursday (Day 3)	Friday (Day 4)
Male Chaperones	Half Day AM					
	Half Day PM					
	All Day					
	Stay Overnight					
		All Week	Tuesday (Day 1)	Wednesday (Day 2)	Thursday (Day 3)	Friday (Day 4)
Nurse or EMT (certification will need to be provided)	Half Day AM					
	Half Day PM					
	All Day					
	Stay Overnight					