

OVERNIGHT OUTDOOR LEARNING

Our Mission is to deliver innovative outdoor, science-based education programs for youth to develop critical thinking skills and to inspire natural resource stewardship.

CHAPERONE/TEACHER PACKET

Dear Outdoor School Chaperone / Teacher,

Greetings from all of us at Sierra Nevada Journeys. We're thrilled that you are going to be part of a transformative experience with us.

This Chaperone Packet has been developed to help you get ready for the Sierra Nevada Journeys' Outdoor School experience. In this packet you will find answers to frequently asked questions about Sierra Nevada Journeys Outdoor School and a wealth of other important information. Whether you are new to the Sierra Nevada Journeys' family, or returning for another program, we ask that you spend some time reading through the packet and fill it out carefully. If you have questions please feel free to e-mail us at registrar@sierranevadajourneys.org or call our campus at (530) 832-1085.

Don't hesitate to get in touch with any questions. We can't wait to see you at SNJ.

Thank You,

The Staff of Sierra Nevada Journeys

Please fill out and sign the following forms on pages 5 - 7 and return them to your child's teacher (if you are a chaperone) or bring them with you on the trip (if you are a teacher):

- Chaperone / Teacher Contract and Waiver
- Emergency Information
- Insurance Information
- Restrictions
- Notification of Food Allergy/Intolerance/Diseases
- Acknowledgement
- Clothing Orders

info@sierranevadajourneys.org | sierranevadajourneys.org | 501(c)3 Nonprofit | EIN: 01-0881587

190 E. Liberty Street
Reno, NV 89501
(775) 355-1688

5900 Grizzly Road
Portola, CA 96122
(530) 832-1085

1331 Garden Highway
Sacramento, CA 95833
(916) 827-0765

An Overview of the Week

“I never knew learning could be this much fun!” This statement, from a former participating student, is frequently echoed at Sierra Nevada Journeys Outdoor School. Our educational journey framework helps to put each student in the “educational driver’s seat.” We are committed to making sure learning is hands-on and experiential, inquiry-based (ideas are actively drawn-out instead of passively received), and addresses students’ various intelligences. Students will be staying in cabins (single-sex) over the course of the program, with access to indoor bathrooms complete with showers and flushing toilets, which are supervised by chaperones with a 1:8 student to adult ratio. The cabin leaders are parents of the students. During the day students travel and learn in their trail groups. Sierra Nevada Journeys staff members are passionate outdoor educators who teach the students during their journey of self-discovery and learning over the course of the week. The week’s activities are incredibly educational and fun. Groups will be spending most of the time outdoors learning about the local ecology as well as exploring a wide variety of curriculum. Evenings are dedicated to astronomy, night hikes, campfire, and other activities. A typical day at Outdoor School is as follows:

7:00 am	Wake-up
8:00 am	Breakfast
9:30 am	Lessons in the field
11:45 pm	Lunch
1:00 pm	Lessons in the field
4:45 pm	Community time
6:00 pm	Dinner
7:30 pm	Evening Activity
9:00 pm	Back to cabins
9:45 pm	Lights out

Sierra Nevada Journeys is a positive learning environment. Sierra Nevada Journeys was founded on the premise that students learn best when put in situations that challenge them, but in which they feel comfortable and safe. We establish this tone the moment students’ step off the bus at our 1500-acre ranch in Portola, CA. Although Sierra Nevada Journeys’ programs “feel” a lot like camp, we operate as a school. This is a life-changing experience and we expect students to help one another to set that tone by respecting three things: the environment, one another, and themselves. Firm – and positive – corrective action is taken when students engage in behavior that runs contrary to the Positive Learning Environment. We make our expectations and consequences for negative behavior very clear from the beginning. SNJ staff will handle any negative behaviors using Firm – and positive – corrective action. We will keep school personnel informed of any behavioral situations that arise. SNJ and/or school personnel may determine that a student cannot stay on campus due to his/her behavior. If this occurs, the student’s parent/guardian is expected to pick up the student in a timely manner, day or night.

Chaperone and Teacher Packing List

Important: Please be dressed in pants, an additional layer and closed-toed shoes or boots with your sack lunch and water bottle in your day pack ready to hike right off of the bus.

This packing list is for a 5-day/4-night program. If you are coming for a shorter period of time, adjust quantities accordingly.

<p>Clothing</p> <ul style="list-style-type: none"> • 1 fleece pull-over or cotton sweatshirt (it gets cold at night!) • PJ'S (for bedtime) • 1 water-proof rain jacket or poncho • 2 pairs of comfortable pants • 1 pair of sweat pants or long underwear • 1 pair of shorts • 4 t-shirts • 1 long-sleeved t-shirt • 4 pairs of underwear • 4 pairs of socks • 1 warm hat (wool or fleece) • 1 hat or baseball cap • 1 pair comfortable, close-toed tennis shoes or light boots • 1 pair shower flip-flops (optional) • Mittens or gloves (optional) <p>Bedding/linen</p> <ul style="list-style-type: none"> • 1 sleeping bag • 1 pillow and pillow-case • 1 bath towel • Bottom sheet for bed (optional) • Laundry bag or garbage bag (for wet/dirty clothes) 	<p>Toiletries Kit</p> <ul style="list-style-type: none"> • 1 Soap and travel soap container • 1 bottle shampoo • Comb or brush • Deodorant • Toothbrush & toothpaste • Contacts or glasses (if applicable) • Sunscreen • Lip Balm/Chapstick <p>Miscellaneous</p> <ul style="list-style-type: none"> • Lunch for the 1st day • 1 comfortable backpack (big enough to hold a sweatshirt, lunch, and water bottle) • 2 durable water bottles (1 liter each) • 1 flashlight with batteries • Books for reading pleasure • Bug Spray (optional; no aerosol cans) • Watch • Binoculars (optional) • Small games and/or cards (optional) • Camera/film (optional)
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**NOTE: If it is cold out please pack more layers for you students we are located in the mountains and weather can change quickly. We spend most of our class time outside rain/snow or shine. Lightening we will come inside.*

Prohibited Items Include

Swiss-Army Knives/Leatherman, weapons, electronics (including iPods, radios), illegal substances, alcohol, aerosol spray cans, personal sports equipment, matches/lighters, candy, gum, or other food and beverages (except for the 1st day's brown bag lunch).

Chaperones and teachers may bring cell phones and computers to communicate with family at home and keep up with work. Most cell phones work well on campus and we have Wi-Fi. Students are not permitted to use the cell phones or computers.

General Outdoor School Guidelines

Please be aware that alcohol is not allowed on campus and tobacco is only to be used in the designated area.

- We have wild animals here at Outdoor School. Please make sure there is no food kept or hidden in the cabins.
- Quiet Hours on campus are from 10 pm to 7 am. Please begin to slow down by 9 pm and encourage the students to stay in bed until 7 am.
- Please help reinforce our three respects that are being shared with students: Respect Yourself, Respect Others, and Respect the Environment.

Day-to-day Outdoor School routine:

- Chaperones will supervise students during community time (playing field games, arts and crafts, rest time in the cabin). School staff help ensure that students are participating in an appropriate activity.
- Chaperones will have evening activity time off so they can shower, read, rest, etc. Please be back on time to pick up your group. Chaperones can make arrangements with SNJ staff if they need a break during normal business hours.
- Each day, Sierra Nevada Journeys staff will stock and clean bathrooms. Please make sure that students keep their cabins tidy. Make sure you help students collect all lost and found. Please keep sink counter space clear of things.
- PLEASE make sure to turn off the heat/AC and lights in the cabin before leaving in the morning.
- Please close and leave doors unlocked at all-times.

Class time Supervision:

- In our challenge education program we use a challenge by choice philosophy. Adult roles will vary from being a silent observer to helping with equipment. Please support students in setting and striving for their OWN goals.
- Please help students to be on time for all activities. Walking to meeting spots can take time. Help students to plan accordingly.
- SNJ staff supervises students during lessons and evening activities only. Chaperones will supervise students at all other times. Please be sure to supervise shower time, after evening program and in the early mornings.
- As chaperones, please encourage students to wash their hands regularly. Please have students wash their hands in the cabin prior to coming to meals.

Lodge/Mealtimes:

- Coffee and tea are available at meal times for all visiting adults.
- During meals please model healthy, non-wasteful eating and good table manners.
- The Ort Report occurs after every meal in which the total weight of all food left uneaten on plates is weighed and graphed for the week.
- Please help us ease the chaos that can ensue during meal cleanups by helping students match and stack at the table and reminding them that only one student can be up from the table at a time and they must be wearing the gopher pass.

In Case of Illness / Emergency:

- Please report all cases of illness to the Program Coordinator. All cases of vomiting illness will require isolation.
- All SNJ staff have small first aid kits that can be used for minor injuries. If anything more serious than a band-aid is needed, please contact the Program Coordinator or your school staff.
- In case of emergency, contact a member of the SNJ staff immediately so that we can help guide emergency services when they arrive.
- If there is an emergency during the night please contact the on call instructor.



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Chaperone / Teacher name: _____ School name: _____

Chaperone and Teacher Contract and Waiver

I have read and completed the Family Packet in its entirety. My child and I understand what's expected of us before, and during Outdoor School and we agree to abide by the rules and procedures detailed within. I therefore grant permission for my child to participate in all activities and camp programs, included but not limited to challenge course, out-of-camp trips by van, bus or other designated vehicles, understanding that appropriate supervision is provided under the State of California requirements for residential camp programs.

I also understand that during my child's participation at Sierra Nevada Journeys' Overnight Outdoor Learning Program, s/he may be exposed to a variety of risks and hazards, foreseen or unforeseen, which cannot be eliminated without fundamentally altering the unique character of the program. Those hazards include, but are not limited to, hiking/walking/running outside; snakes, insects, and large-animals; sunburn and heatstroke, dehydration, hypothermia and other mild or serious conditions or injuries; falling and rolling rock; drowning; lightning and unpredictable forces of nature (including weather that may change to extreme conditions without notice), etc. Sierra Nevada Journeys is not responsible for lost, stolen or damaged articles. I the undersigned have read and understand my responsibility to complete and submit all necessary forms and fees on time (and that my child will not be allowed to attend program without completed medical and immunization records).

I authorize Sierra Nevada Journeys, to have and use photographs, slides, video, writing, artwork and/or testimonials created by my child and submitted to Sierra Nevada Journeys without seeking remuneration. These shall become the property of Sierra Nevada Journeys, and may be used by Sierra Nevada Journeys for marketing and/or advertising purposes. As a condition of my child's participation in the Program, I acknowledge that participation is entirely voluntary, and I agree to assume full responsibility for the risks that participation may entail. I voluntarily agree to release and hold harmless Sierra Nevada Journeys to the fullest extent permitted by law. I authorize Sierra Nevada Journeys to add my email to their mailing list.

I HAVE READ THIS AGREEMENT. I FULLY UNDERSTAND IT AND AGREE TO BE LEGALLY BOUND BY IT.

Signature: _____ Date: _____

Email address: _____

Emergency Information

Primary Contact: _____

Street Address: _____ City _____ State _____ Zip _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Email: _____

Secondary Contact: _____

Street Address: _____ City _____ State _____ Zip _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Email: _____

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Chaperone / Teacher name: _____ School name: _____

Insurance Information

Doctor's Name: _____ Doctor's Phone Number: _____

Insurance: The following insurance information is required if a doctor visit or entry into a hospital is necessary.

Do you have Health Insurance Coverage?

- Yes
- No

Name of Insurance Company: _____

Address: _____

Name Listed on the Insurance: _____ Policy Number: _____

Restrictions

Chaperone / teacher is cleared for unrestricted activity with Sierra Nevada Journeys. He/she is cleared for full participation.

Chaperone / teacher is cleared for participation at Sierra Nevada Journeys, but the following restrictions apply:

Chaperone / teacher is not cleared for participation at Sierra Nevada Journeys.

Notification of Food Allergy/Intolerance/Diseases

In order to ensure the safety of guests with food allergies, SNJ may request you bring some of your own foods. SNJ can accommodate common allergies such as Peanut, Tree nuts, Gluten, Lactose and Soy with proper notification. Please feel free to contact us with any of your concerns (530) 832 1085.

Does you have any food allergies or intolerances?

Yes. Please specify allergy or intolerance: _____

 No

Does you have any food related diseases (such as Chron's, celiac, diabetes)?

Yes. Please specify: _____

 No

Chaperone / Teacher name: _____ School name: _____

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Acknowledgement

I hereby certify that the above information provided in the Chaperone / Teacher Packet is true and correct to the best of my knowledge.

Signature: _____ Date: _____

Clothing Orders

We have a variety of clothing available for purchase. As a registered Nevada non-profit, proceeds from our clothing help us to continue to run these important programs and help to keep our rates affordable. It does get cold in the evenings, so a Sierra Nevada Journeys sweatshirt not only gives your child a memento to take home, but it is incredibly functional as well. Please indicate which clothing you would be interested in ordering (all sizes listed are "Adult").

1. Hooded Sweatshirts (\$30) Adult Size: **Small** [] **Medium** [] **Large** [] **X-Large** []
2. T-Shirts (\$15) Adult Size: **Small** [] **Medium** [] **Large** [] **X-Large** []
3. Hats (\$12) Color: **Blue** []
4. Package Deal Including: Hooded Sweatshirts, T-Shirts, Hats (\$49):
Small [] **Medium** [] **Large** [] **X-Large** []

Clothing Orders Payment

All payments for clothing should be made payable and given to the school.

- I'm paying by cash and have enclosed my payment with this form.
- I'm paying by check and have made it payable to the school and have enclosed the check with this form.
- No thank you, I'm not interested in purchasing clothing.