



PLANNING FOR STUDENTS

WITH HEALTH CONCERNS OR SCHOOL ACCOMMODATIONS

All students deserve the Foothill Horizons learning experience; however, the new learning environment can be challenging for many students, especially those with health concerns, physical limitations and behavior plans. Supporting all students at Foothill requires advance planning, a minimum of 6 weeks.

WHEN EXTRA ASSISTANCE AND PLANNING IS REQUIRED FOR A STUDENT

| A Parent Shadow/designee is required for students with | An aide or Parent Shadow/designee is required for students | An aide or Parent Shadow/designee may be required for students with a |
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| <ul style="list-style-type: none"> • Diabetes (Parents strongly encouraged) • Serious medical conditions that require injections, complex medications or extra equipment | <ul style="list-style-type: none"> • Who are in danger of fleeing stressful situations, “runners” • Who are a danger to others or themselves • Who need assistance with toileting, showering, dressing • Who need physical assistance walking, are in a wheelchair or not able to do 2.5 hour hikes without assistance | <ul style="list-style-type: none"> • Behavior plan • IEP • 504 • SST |

If any students might require extra support, please call the Principal, Jessica Hewitt, at the beginning of the school year or at minimum 6 weeks prior to the student attending.

REQUIREMENTS FOR A PARENT SHADOW or DESIGNEE

1. Be a parent/guardian, parent designee or school district designee
2. Qualify as a volunteer or staff at the school
3. Be thoroughly familiar with the student’s specific medical condition and administration of required medications
4. Be trained in the provision for any specialized medical care or emergency care
5. Be physically able and willing to accompany the student on all hikes and activities from 7 am to 9:30 pm
6. Supervise student on campus when the student cannot participate in activities
7. Be on campus for 24 hours a day in the event a student has a medical need. This may involve sleeping in a dormitory with other students or in separate quarters
8. Monitor and adjust food intake as needed. Bring food to supplement the menu if a special diet is required.
9. Follow all campus rules of behavior. For example, no smoking, no cell phone calls, etc...
10. Work with the Foothill Horizons Outdoor School staff to ensure a safe and educational experience for the student

If the school provides support at school, **the school must provide the same support at Foothill Horizons Outdoor School**; for example, aides or a small classroom environment, assistance with toileting or eating.

CARE PROVIDED by Foothill Horizons Outdoor School to all students

- A Registered Nurse on the day students arrive establishes care provided for the week.
- The Health Clerk and Naturalists provide care throughout the week. They are trained in on-site protocols, first aid, CPR, administering medication, emergency response care, Epi-Pen and Glucagon administration.
- The on-site Health Office has beds, first aid supplies, two-way radios and phones
- Modification of instruction to support all students
- Sonora Regional Medical Center is a 15 min. drive from Foothill Horizons
- An all terrain wheelchair available for Parent Shadows to provide access

CARE NOT PROVIDED by Foothill Horizons Outdoor School

- Diabetes care
- Injections
- Catheters
- Feeding tubes
- Assistance with showering, toileting, or dressing
- Applying splints and most braces
- Supervising students not able to participate in hikes
- Pushing students in wheelchairs
- Physical restraint of children
- Administering oral emergency seizure medications
- AED not available on site
- Implementation of Behavior Management Plans
- Intensive individual care

If any students might need extra assistance at Foothill Horizons Outdoor School, please call or email

Jessica Hewitt, 209-532-6673, jhewitt@stancoe.org

DIFFERENCES BETWEEN SCHOOL AND FOOTHILL HORIZONS OUTDOOR SCHOOL

| | <i>SCHOOL</i> | <i>FOOTHILL</i> | <i>IMPLICATION</i> |
|-------------------------------|---|---|---|
| <i>HOURS OF CARE PROVIDED</i> | 7 hours of care provided by school | 24 hours of care | More medical care or behavioral attention may occur at home, but not at school. That extra support will be needed at Foothill Horizons Outdoor School. |
| <i>CLASSROOM ENVIRONMENT</i> | Inside, desks, flat paved surfaces | Outside on 143 acres: no desks, no walls | Students who flee when upset are at a much greater risk. The level of response to verbal commands must be greater than in the classroom. |
| <i>PHYSICAL EXPECTATION</i> | Walk from class to class, sit, PE Active ~ 45 min/day | Walk for 6+ hours per day over rocky, uneven terrain, sit and stand, climb on rocks, run, jump. Active from 7 am to 9:30 pm | Students will need endurance, greater range of motion and ability to hike without assistance. Any child who needs extra assistance will need a Parent Shadow or Designee to escort them to and from hikes, to supervise them when unable to participate or support them physically. |
| <i>SUPERVISION</i> | Certificated teacher | Certificated teacher and Naturalist for most of the day High school counselor at night and in the dorms | High school counselors do not have the specialized skills to support students with health needs or behavior concerns. Naturalists and Teachers must meet the needs of 30+ students on the trail; they cannot provide individualized care to one child, as the rest of the students will be neglected. |
| <i>ACCESS TO MEDICAL CARE</i> | Hospital is within 10 min | Hospital is 15 min from Foothill Horizons Students may be 20 min walking distance from a road. No AED on campus Staff trained in first aid & CPR | We are slightly farther from medical care. |
| <i>ACCESS TO PARENTS</i> | 15-30 min away from child | 1:30 min or more away from child | Due to the distance, parents may not be able to provide immediate care as at school. Foothill Horizons Outdoor School, then has to provide care while waiting. |
| <i>HEALTH STAFF</i> | A part time Registered School Nurse Full time Health Tech, Clerk or Administrative Assistant | Registered Nurse on arrival day Full time Health Clerk and Naturalist Staff. | We provide the same health staffing as most schools, but accommodate over 7,000 children each year. |