



## WHAT IS A PARENT SHADOW?

A Parent Shadow or designee will allow some children to participate, who otherwise could not participate in the learning experience at Foothill Horizons Outdoor School. The teacher and parent will consult with the Director, Jessica Hewitt, six weeks in advance of attending, to establish the best learning environment for the student while he or she is at Foothill Horizons Outdoor School in order to preserve the child's ability to learn his or her own strength and ability to face challenges independently.

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.

### STEPS FOR A PARENT SHADOW

If a Parent Shadow would allow a child to participate who otherwise could not, then the parent must:



1. Talk to the classroom teacher 6 weeks prior to attending.
2. Either the teacher or parent will discuss with the Director how to create the best learning environment for the student at Foothill Horizons Outdoor School.

### PRESERVING THE LEARNING EXPERIENCE

We will strive to establish an environment with the least parental involvement and the greatest independence for the student. The parent or designee may stay:

1. In the new sleeping quarters, the "Nest," with the child.
2. In the Nest without the child. The child will stay in the dorms.
3. The parent may stay in the dorms with the child, if they qualify as a volunteer with your school.

*A parent may not stay in the Teacher's Retreat, but an aide may.*

Increased independence 	No parent, no aide	Less ideal 
	School appointed aide	
	Parent Shadow	
	Parent Shadow designee	
	Not attending	

WHEN EXTRA ASSISTANCE AND PLANNING IS REQUIRED FOR A STUDENT

A Parent Shadow/designee will be required for students with:	An aide or Parent Shadow/designee will be required for students:	An aide or Parent Shadow/designee may be required for students with a:
<ul style="list-style-type: none"> <li>• Diabetes</li> <li>• Serious medical conditions that require injections, complex medications or extra equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Who have run away from school</li> <li>• Who are a danger to others or themselves</li> <li>• Who need assistance with toileting, showering, dressing</li> <li>• Who need physical assistance walking, are in a wheelchair or not able to do 2.5 hour hikes without assistance.</li> </ul>	<ul style="list-style-type: none"> <li>• Behavior plan</li> <li>• IEP</li> <li>• 504</li> <li>• SST</li> </ul>

REQUIREMENTS FOR A PARENT SHADOW

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 involves 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 a Parent Shadow might allow a student attend Foothill Horizons Outdoor School, please call or email

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