



# FOOTHILL HORIZONS OUTDOOR SCHOOL

## PARENT INFORMATION

Videos, program description, forms, packing list found on our parent page:  
<http://www.stancoe.org/SCOE/iss/outdoor-ed/parents.html>

### 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. 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 & 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.

### FOOD

Students receive well-balanced meals that are served "family-style." We encourage students to eat all they want but not to waste food. If your child has food s/he cannot eat or is allergic to any food, please write the details on your child's Health Information Form. If your child has a serious allergy or limited food options please contact the kitchen directly: 209-532-6673 x 114

### 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.
2. Get it signed by your doctor.
3. Package the form and medication in the original container in a bag.
4. Deliver that medication to your school to be reviewed by your school nurse.

### BEHAVIOR

Each student and family signs a discipline contract on the Student Health Form. When students break the rules they may receive detention or a step. We have a 3 step discipline process:

Step 1: The student has a conference with his/her teacher

Step 2: The student calls home

Step 3: The student must go home

When a student receives a third step you must pick them up and they 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.

### HOUSING

Children stay in our heated dormitory buildings. The beds are furnished with mattresses but not pillows. For more information, please visit our website.

## CONTACTING YOUR CHILD AT FOOTHILL

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:** while your child is at Foothill, staff will post pictures on our public Facebook 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 there is a any concerns 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

## 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).

For more information about and pictures of bed bugs <http://www.extension.umn.edu/garden/insects/find/bed-bugs-in-residences/>.

## 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.*

### ESSENTIAL ITEMS:

- |  |   |
|--|---|
| <input type="checkbox"/> Sleeping bag OR 3 blankets and 2 sheets | <input type="checkbox"/> 1 pillow with case                   |
| <input type="checkbox"/> 2 pairs of close-toed shoes             | <input type="checkbox"/> 2-3 pairs of pants                   |
| <input type="checkbox"/> Hiking boots or extra pair of sneakers  | <input type="checkbox"/> 1 pair pajamas                       |
| <input type="checkbox"/> Rain coat with hood or poncho           | <input type="checkbox"/> 6 pairs of socks                     |
| <input type="checkbox"/> 3-5 T-shirts                            | <input type="checkbox"/> 5 underpants                         |
| <input type="checkbox"/> 1 warm shirt or sweater                 | <input type="checkbox"/> 1-2 pairs shorts, if needed          |
| <input type="checkbox"/> 1 warm jacket                           | <input type="checkbox"/> 2-3 long sleeve shirts               |
| <input type="checkbox"/> Gloves/mittens (winter)                 | <input type="checkbox"/> Cap or sun hat (warm hat for winter) |
| <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                                 | <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, if needed             |   |
| <input type="checkbox"/> <b>Water bottle!</b>                    | <input type="checkbox"/> 2 large heavy-duty trash bags        |

*\*Don't forget warm layers! It can get be much colder in the Foothills than in the valley.\**

### OPTIONAL ITEMS

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

### ITEMS THAT MAY NOT BE TAKEN

- |  |                   |               |
|--|-------------------|---------------|
| • Money                                  | • Candy/ gum      | • Knives      |
| • Electronic devices (phone, iPod, etc.) | • Athletic equip. | • Aerosols    |
| • Curling Irons                          | • Makeup          | • Mousse      |
| • Gel                                    | • Hair Spray      | • Hair dryers |

### DRESS CODE

- No gang attire
- No midriff or spaghetti-strap shirts
- Hats are allowed if worn forward
- No bandanas
- All clothes must be able to get dirty