



Information for Para-professionals for students with special needs

Thank you for helping to make it possible for a young person to come to outdoor school. Your efforts not only allow a student with special needs to experience this unique adventure with his or her classmates, it also allows the other students in the group to see how "abled" a person with special needs can be. Included below are some of the basic facts concerning what we do as a school and what you'll be doing as an aide.

For more information

Call (209) 532-6673

Email jhewitt@stancoe.org Jessica Hewitt, Principal

Go to our website: www.foothillhorizons.com.

What to Expect

Foothill Horizons is a residential outdoor school. In general, our classes take place outside, away from roads and groomed trails, and at times in less than ideal weather. As an attendant to a child with special needs, you'll be expected to be with that child during all of their waking hours, and possibly during their sleeping hours as well. Because you have the training to deal specifically with a particular child, we have no staff members able to replace you. For this reason, should you need a break at some point, you'll need to arrange it with the teacher from your student's school so that the student can be properly supervised.

Because we have children on site, we can't allow anybody to walk around the grounds unsupervised. Therefore, the places where you can go and the activities that you may partake of will be limited during any time that you might have off. Please be prepared. As a school, we can't allow any alcohol or tobacco products on site.

If you do bring a cell phone, please only use it during your time off, and don't let students see you using it. Students are not allowed to call home except in special circumstances.

Accommodations

The dorms are set up for 14 to 20 students with six dorms on the boys' side and six on the girls'. As an attendant you'll be asked to sleep in the dorm with the student in your care in case any needs should arise during the night. Also in your dorm will be half of your hiking group (divided according to gender), their counselor (usually a high school volunteer), and one of our staff in the dorm building, though not necessarily in the room with you. Each building has showering and toilet facilities, all with wheelchair access. You'll be able to take showers only during the breaks that you arrange with your teacher.

Food

Our kitchen can accommodate special dietary needs such as allergies, diabetes, and vegetarian or kosher meals. You may contact Foothill Horizons regarding your needs in advance, should you have any questions. A microwave oven and blender are also available, should you need them to meet your student's needs. Meals are family style, with servings brought to the tables.

The Job

As an attendant to a student with special needs, you'll be expected to care only for the student or students that you were specifically asked to care for. The other students will be cared for by the high school counselors.

The Schedule

Each day begins at 7:00 a.m. with a wake up call. All groups meet at the flagpole at 7:35 for flag ceremony, then go up to the dining hall for breakfast. After breakfast, each group has come time to clean up their dorm for inspection. Groups meet at 9:00 for their morning lessons. Lessons end at approximately 11:30, after which students clean up and eat lunch. After lunch students have 15 minutes of freeplay, then a half hour of time with their teacher. The afternoon class begins at 1:30 and ends at 3:45. Students have some time in their dorms, then have freeplay from 4:00 until 4:45. Then comes shower time, flag ceremony, and then at 5:45, dinner. There's some time in the dorms after dinner, then evening activities (night hike or a dance, for instance) from 7:00 until 9:00. Students then have half an hour to prepare for bed. "Lights out" is from 9:30 p.m. until 7 am 7:00 a.m.

Sample 4 day Schedule

Tuesday	Wednesday	Thursday	Friday																																			
	7 AM Wake Up 7:35 Flag Ceremony 7:45 Breakfast 8:40 Inspection	7 AM Wake Up 7:35 Flag Ceremony 7:45 Breakfast 8:40 Inspection	7 AM Wake Up Pack up 7:35 Flag Ceremony 7:45 Breakfast 8:40 Inspection																																			
10:30 AM Buses Arrive 11:00-11:55 AM Orientation	9:00-11:30 AM Hike A: Caverns-FT D: Discovery B: Caverns-FT E: Ecology C: Ecology F: Geology	9:00-11:30 AM Hike A: Me-wuk D: Big Trees-FT B: Geology E: Caverns-FT C: Big Trees-FT F: Caverns-FT	9:00-10:30 AM Hike A: Geology D: Me-Wuk B: Discovery E: Geology C: Nat. Choice F: Nat. Choice																																			
12:00 Lunch 1:30 Move in	11:45 Picnic Lunch (teachers off) 12:30 Freeplay (cnsltrs supervise) 12:45 Teacher Time (cnsltrs off) 1:15 Dorm Bathrooms	11:45 Picnic Lunch (teachers off) 12:30 Freeplay (cnsltrs supervise) 12:45 Teacher Time (cnsltrs off) 1:15 Dorm Bathrooms	10:45 AM Lunch (teachers meet with Jess in retreat) 11:30 Closing Ceremony 11:40 Dorm Bathrooms 11:50 Load Buses 12:00 Depart																																			
2 PM- 4 PM Adventure Hike (all groups)	1:30 - 3:45 PM Hike A: Big Trees D: Nat Choice B: Big trees E: Discovery C: Geology F: Discovery	1:30 - 3:45 PM Hike A: Discovery D: Caverns B: Me-wuk E: Big Trees C: Caverns F: Big Trees	Students in class groups																																			
4:15-5:00 PM Snack & Freeplay (teacher/cnslr meeting in Dining Hall) 5:00 Move in 5:30 Fire Drill, Flag Ceremony 5:45 Dinner	4:00-4:45 PM Snack & Freeplay (4-4:15 cnslr meeting in staff office) 4:45 Dorms 5:00 Flag Ceremony 5:15 Dinner	4:00-4:45 PM Freeplay (4-4:15 cnslr meeting in staff office) 4:45 Dorms 5:00 Flag Ceremony 5:15 Dinner	<table border="1"> <thead> <tr> <th></th> <th>Nat</th> <th>Teacher</th> </tr> </thead> <tbody> <tr><td>A</td><td></td><td></td></tr> <tr><td>B</td><td></td><td></td></tr> <tr><td>C</td><td></td><td></td></tr> <tr><td>D</td><td></td><td></td></tr> <tr><td>E</td><td></td><td></td></tr> <tr><td>F</td><td></td><td></td></tr> </tbody> </table> <table border="1"> <tbody> <tr><td></td><td>Assistant Director</td></tr> <tr><td></td><td>Health Clerk</td></tr> <tr><td></td><td>Evening Health</td></tr> <tr><td></td><td>Recreation</td></tr> <tr><td></td><td>Evening Naturalist</td></tr> <tr><td></td><td>Eve. Program Cord.</td></tr> <tr><td></td><td>Student Dorm Assist.</td></tr> </tbody> </table>		Nat	Teacher	A			B			C			D			E			F				Assistant Director		Health Clerk		Evening Health		Recreation		Evening Naturalist		Eve. Program Cord.		Student Dorm Assist.
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7-8 PM Campfire (all groups)	6:30-7:30 PM A: Teacher Time D: Games B: Teacher Time E: Games C: Night Hike F: Games	6:30-7:30 PM A: Games D: Teacher time B: Games E: Night Hike C: Games F: Teacher time																																				
8-9 PM Teacher Time (cousnslr meeting in staff office)	7:30-8:30 PM 7:30-8:20 PM A: Night Hike D: Dance B: Night Hike E: Dance C: Teacher Time F: Dance	7:30-8:20 PM 7:30-8:30 PM A: Dance D: Night hike B: Dance E: Teacher time C: Dance F: Night hike																																				
9-9:30 PM prepare for bed	8:30 Showers 9-9:30 PM prepare for bed	8:30 Showers 9-9:30 PM prepare for bed																																				

Bring

Bedding
Rain gear
Warm clothing
Food (kept in the Teachers Retreat)

Don't Bring

Anything valuable
Tobacco products
Alcohol

Thank you!

For more schedules, packing lists and photos see:

<http://www.stancoe.org/SCOE/iss/outdoor-ed/parents.html>