

Exploring New Horizons Outdoor Schools at SEMPERVIRENS

“Dedicated to enriching the lives of young people through the awareness of the beauty and diversity of nature”

www.exploringnewhorizons.org · (831)338-3077

This year your child and his/her classmates will have the opportunity to participate in a residential environmental education program. The program will be conducted by Exploring New Horizons Outdoor Schools as an integral part of the regular classroom curriculum. Through hands-on experience, the students will explore the natural environment and apply their classroom knowledge to an outdoor setting. Through interactions with their surroundings and each other, they will gain awareness of natural and cultural communities.

Exploring New Horizons combines the teaching skills and talents of the classroom teachers, our naturalist staff, and trained high school counselors to provide a unique learning experience. We place an emphasis on developing an understanding and appreciation for our natural environment. Academic lessons focus on redwood ecology, marine biology, botany, geology, astronomy, animal behavior, cultural history, and problem solving. We foster cooperative, trusting and supportive relationships between the students, their counselors and classroom teachers.

The weather in the redwoods is likely to be quite variable. We may experience warm, sunny days, drippy fog, chilly evenings, rain or any combination of them all! Those students who are well prepared for all types of weather are the ones who are most comfortable and best able to enjoy their experience at the outdoor school. Clothing that is comfortable, warm and functional is much more important than name-brand, stylish outfits. Please follow the list closely, as it has been compiled after many years of programs. Children will carry their own luggage; please pack everything in only ONE suitcase or duffel bag (sleeping bag can be carried separately). Most importantly, be sure to label everything.

<u>ESSENTIAL EQUIPMENT</u>		<u>OPTIONAL EQUIPMENT</u>	<u>DO NOT PACK</u>
sleeping bag & pillow	bathing suit (for showers)	shower sandals	Food, candy or gum
warm jacket	1 pair sturdy hiking shoes	camera & film	Hair spray
WATERPROOF raingear	1 pair old worn shoes	gloves (winter only)	knife
warm sweater or sweatshirt	1 back pack	sunglasses	matches
warm sleepwear	water bottle	letter writing supplies	make-up or cologne
2 long sleeved shirts	flashlight (new batteries)	reading material	money
4 t-shirts	washcloth, towel, soap	rubber boots (wet weather)	CD or mp3 player
3 pairs long pants	toothbrush & toothpaste	wrist watch	electronic games
2 pairs shorts	shampoo & hairbrush		cell phone or pager
5 pairs underwear and socks	lip balm		radio
warm hat	sunscreen		Curling/straightening iron -- (fire hazards)
baseball cap (for sun)	2 plastic garbage bags		ANYTHING VALUABLE

BRING A BAG LUNCH FOR THE FIRST DAY.

LOCATION Sempervirens is located at the Sempervirens Preserve in Boulder Creek, CA, which is owned and operated by the California State Parks. The site is located on 20 acres of redwood and oak forest approximately 6.5 miles from the town of Boulder Creek in the Santa Cruz Mountains.

FACILITIES The outdoor school site is particularly well-suited for our program due to its variety of ecosystems and its proximity to the coast. The accommodations include: 12 sleeping cabins, boys and girls restroom and shower facilities, dining hall, volleyball and basketball courts, and a large recreation area. Tasty, nutritious meals are served family-style by the kitchen staff.

SUPERVISION The students' safety and well-being are of primary concern during their stay at the outdoor school. The students are supervised on a 24-hour basis by the Exploring New Horizons teaching staff, classroom teachers and trained high school counselors. Your child's counselor will be sleeping in the cabin at night for supervision and safety.

HEALTH AND SAFETY

Sempervirens is a part of Exploring New Horizons Outdoor Schools, which has worked with more than 100,000 students in the last 30 years. Consequently, we have a rigorous safety management program that incorporates all participants. Students are expected to follow safety rules and boundaries. Any child that cannot comply with these rules will be removed from the program by the parent or guardian.

Our teaching staff is trained in First Aid and CPR. Some staff members hold advanced certifications as EMT's and Wilderness First Responders. A full-service hospital is located in nearby Santa Cruz and in Santa Clara and there is a medical clinic located 6 miles away in Boulder Creek. Due to the cabin living situation, please do not send a child with communicable disease such as strep throat, flu, chicken pox, head lice, etc.

MEDICATION

Students will be allowed to keep their bee sting/extreme allergy shots (Epi pens, Ana Kits) and emergency asthma inhalers with them in their cabins. ALL OTHER MEDICATION IS KEPT BY THE OUTDOOR SCHOOL MEDIC IN THE INFIRMARY and is given to the students whenever they need it. When you send medication with your child, it must be in its original container with complete instructions for administration. Please keep all medication separate from luggage and give it to your child's teacher prior to departure for the outdoor school. The medication will be returned to you at school when your child returns from Sempervirens Outdoor School.

If your child needs over-the-counter medication like Tylenol or Tums during the week, we will administer it ONLY with your written permission on the medical information form. Please be sure to fill this out completely, with specific information regarding physical limitations, allergies, and medication.

****NOTE**** If your child has any special physical, medical, or dietary requirements, please indicate them on the medical form and discuss them with the classroom teachers and/or the Sempervirens staff so that we can assure your child receives the necessary care.

CONTACTING STUDENTS

The best way to communicate with your child while they are at the outdoor school is through writing. Receiving mail is very exciting for the students, so we encourage you to write. It may take as many as 4 days for mail to reach the outdoor school, so plan ahead and write early--sending a letter the week before is your best bet! Just be sure to indicate your child's school with the address as follows:

Student's Name/ **School Name**
Exploring New Horizons Outdoor Schools
SEMPERVIRENS
20161 Big Basin Hwy.
Boulder Creek, CA 95006

We discourage parents from calling just to chat. Usually students are very involved in program activities and must be pulled away from their group to come to the phone. However, in case of an emergency or special circumstance, please contact us at our office at (831) 338-3077.

COST

The teachers will announce the cost for the outdoor school program. This fee includes room and board, instruction, supplies, transportation, and insurance (does not include pre-existing conditions), and may be reduced depending on fundraising efforts. If you have any questions concerning cost, please talk with your child's teacher.

Your child's experience at Sempervirens will be enjoyable, educational, and unforgettable!! Please call our office if you have any further questions. Thank you.