



Inspiring, empowering, and transforming children's lives through outdoor education.

Dear Parents,

We are looking forward to your child's upcoming visit to Exploring New Horizons at Pigeon Point. Exploring New Horizons Outdoor Schools provides exceptional outdoor residential education to K-8 students at three unique locations tied to state and national education standards. Your son or daughter is one of over 8,000 students from 95 schools that Exploring New Horizons Outdoor Schools serves annually from the Greater Bay Area. Your child will be attending an outdoor education experience at one of our three campuses: Pigeon Point, Loma Mar, or Sempervirens.

Exploring New Horizons at Pigeon Point conducts its activities at the scenic Pigeon Point Lighthouse, 50 miles south of San Francisco on the San Mateo Coast. The buildings adjacent to the lighthouse are operated by Hostelling International. Within the hostel complex are four spacious ranch-style homes. Each has a full modern kitchen, family-style dining room, two full bathrooms, a large living room, and separate boys' and girls' dormitories. The Galley is an indoor multi-use room that is used for meals and evening activities during program.

Your son or daughter will be hiking and actively engaged in a variety of outdoor settings. They may be hiking on uneven terrain and the weather is likely to be quite variable. We may experience sunny days, dripping fog, chilly evenings, rain, or a combination of them all! Please ensure that your child comes to program well prepared for all types of weather. Clothing that is comfortable, warm and functional is important to a successful Outdoor School experience. Please label all clothing and items with your child's first and last name. It is not important to purchase new items, talk to friends and family if needed to make sure you have jackets, sleeping bags and shoes that will ensure a successful Outdoor School experience. Electronics, money, and any valuables should be left at home. Please consult the attached packing list for more details.

Keeping your child safe and healthy at Outdoor School is our top priority. Our teaching staff is trained in first aid and CPR and provide boundaries and rules to keep them safe during all activities. Due to the close living situation, please do not send a child that has had a fever or illness in the past 48 hours before their trip. If an accident should occur, or your child is not feeling well you will be notified and if needed, your child can be transported to a full-service hospital in nearby Half Moon Bay and Santa Cruz.

If your child needs to take medications regularly, please send your child's medications in its original bottle with complete instructions for administration. Please give this medication to your child's teacher prior to departure and review its administration procedure with them. Students will be allowed to keep any emergency medications with them including: asthma inhalers and epi-pens with them or with a responsible adult at all times. All other medication is kept by the classroom teacher and is given to the students as needed. We maintain a fully-equipped first aid facility which also contains basic over-the-counter medications, as listed on the online medical form. Please do not send these types of medications with your child. In the event that your child should need over-the-counter medication, it will be administered by their classroom teacher or ENH staff member and we will need your consent on the

online medical form. The medications that we have on hand to administer with your permission include Tylenol, Ibuprofen, Epi-pen, Benedryl, Tums, and Neosporin.

A healthy and happy Outdoor School experience starts at home. Please talk to your child about basic hygiene, such as washing their hands before meals and after they use the restroom. Discuss homesickness and set them up for success by focusing on all of fun activities they will be participating in and how fast the week will go by. We suggest that parents avoid telling students that they can call home or get picked up anytime. Students can be successful for the entire program with a little encouragement. Talk to them about following the buddy system and to speak to an adult if they are having an issue at camp. Exploring New Horizons staff cannot help unless we know there is an issue so encourage them to speak up if they are uncomfortable in any way. We are here to help!

Your child will be busy and engaged their entire time while at Outdoor School. They will not be able to call you or take calls. We understand that for many students this is their first time away from home for an extended period of time. You are welcome to write your child a letter if you would like to send your encouraging words. It may take as much as a week for a letter to arrive, so please plan ahead and have a return address on the envelope. Send letters to:

Student's Name + School Name + Teacher Name
c/o Exploring New Horizons at Pigeon Point
210 Pigeon Point Road
Pescadero, CA 94060

Exploring New Horizons staff are trained to support homesick students so know that no news is good news if you do not hear from us. We will contact you if medical or discipline issue should occur. We use a three-step discipline policy at Exploring New Horizons Outdoor Schools, which helps each student understand the school rules and the consequences of breaking them.

- First Offense: The student will lose 15 minutes of recreation time and will have a conference with their teacher.
- Second Offense: The student will call the parent and tell them how they have misbehaved, and what they will do to prevent a third offense.
- Third Offense: The student will call to tell the parent they are being removed from the program, and the program staff will make arrangements with the parent to come and pick the student up. Please understand that a parent is required to provide transportation from Pigeon Point Lighthouse should a third offense occur.

If your child has specific behaviors or allergies that will impact their stay with us, please make sure you include them on their medical form, or call us so we can best plan on how to support your child during their week.

Thank you very much for taking the time to help prepare your child for their experience at Exploring New Horizons Outdoor Schools. We aim to provide a safe experience for students to learn more about themselves and their connections to each other and the natural world and to take with them memories and lessons that will last a lifetime.

Thank you,

Tracey Weiss
Executive Director



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Exploring New Horizons at Pigeon Point Packing List

- | | |
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| <input type="checkbox"/> Bagged lunch for 1st Day | <input type="checkbox"/> Hat with visor or brim |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Flashlight with new batteries |
| <input type="checkbox"/> Rain coat or poncho | <input type="checkbox"/> Backpack for hikes |
| <input type="checkbox"/> Warm coat | <input type="checkbox"/> Towel and washcloth |
| <input type="checkbox"/> Warm sweater or sweatshirt | <input type="checkbox"/> Shampoo and soap |
| <input type="checkbox"/> Sleeping bag or blanket | <input type="checkbox"/> Comb or brush |
| <input type="checkbox"/> Garbage bag for wet clothes | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> 1 pair of close-toed comfortable walking shoes | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> 1 pair of close-toes shoes that can get wet (rain boots, old sneakers) | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Book |
| <input type="checkbox"/> 2 long-sleeved shirts | <input type="checkbox"/> Watch |
| <input type="checkbox"/> 3 pairs of long pants | <input type="checkbox"/> Camera |
| <input type="checkbox"/> 3 t-shirts | |
| <input type="checkbox"/> 4 pairs of socks | |
| <input type="checkbox"/> 4 sets of underwear | |
| <input type="checkbox"/> Pillow or pillowcase | |
| <input type="checkbox"/> Laundry bag | |
| <input type="checkbox"/> Warm hat | |

Please DO NOT Bring:

- Electronics (except for camera, watch and flashlight)
- Food (except first lunch)
- Candy
- Gum
- Money
- Knives
- Matches
- Hair irons