

Los Alamitos Unified School District

*Outdoor Science School*

**CODES**

**at Mile High Pines**

**March 3-6th, 2020**



# *What is Outdoor Science School?*

## California OutDoor Education School

- Four fun filled days and four nights in the Angelus Oaks area of the San Bernardino Mountains reinforcing science concepts learned in the classroom.

- Activities include:

- Climbing and Archery
- Orienteering and Adventuring
- Animal and Plant Investigations
- Astronomy and Night Hikes
- Line Dancing
- Campfire & Skit Night



**CODES operates at the Mile High Pines facility  
and Los Al students stay at Lower Pines.**



# *What Does a Typical Day Look Like?*



- 7:00am Wake Up
- 7:55am-8:00am Line UP and Flag Deck
- 8:00am-8:45am Breakfast
- 8:45am-9:00am Cabin Time (Activity Prep)
- 9:00am-3:00pm Trail Groups and Lunch
- 3:00pm-3:45pm Cabin Time
- 3:45pm-5:00pm Student Recreation Time
- 5:00pm-5:15pm Line Up/Daily Announcements
- 5:15pm-6:15pm Dinner
- 6:15pm-6:45pm Cabin Time (Activity Prep)
- 6:45pm-9:00pm Line Up and Night Activities (Skit, Dance, Hike, Camp Fire)
- 9:45pm LIGHTS OUT



# *A Day at CODES*





# Who Works with Students at Camp?

- **Classroom Teacher** - Joins students at camp and oversees program; sleeps in separate quarters near dining hall
- **Camp Counselor** - Sleeps in cabins with students and acts as support staff during daytime activities
- **Naturalist** - Leads the daytime trail groups and are science specialists

## **All CODES cabin leaders and naturalists have been:**

- \*fingerprinted and background checked
- \*Wilderness First Aid and CPR Certified
- \*Trained to deal with common student issues such as bullying



# What are the Camp Facilities Like?



- Cabins are furnished with solid pine bunk beds and all mattresses are clean and comfortable.
- Cabins have **indoor restrooms and showers.**
- Cabins are heated and carpeted.
- Camp has been recently modernized with main dining hall, indoor amphitheater and recreation space.



# Cabins



# What is Meal Time like at Camp?

- The food served is delicious, kid friendly, and seconds are offered.
- Adults at each table make sure each child is eating a variety of foods at meal time as well as drinking enough water.
- If your child has food allergies or any special dietary needs, list them on the Student Waiver (**YELLOW**). Camp is prepared to meet all student dietary needs.
- (A **SPECIAL CONCERNS** online form will be discussed later in the presentation.)



# Dining Hall



# How Much Does OSS Cost?

## 4 day program

1 field guide per student

9 meals, 4 snacks

3 classes (2hrs each)

3 Rec. Times

Night Hike

Review Class

Skit Night

Campfire Night

Extended Hike (6 hours exploration)

- \$310 per student for an all inclusive 4-day program

- **1<sup>st</sup> installment:**

**November 15, 2019**

- **2<sup>nd</sup> installment:**

**February 14, 2020**

- ***Checks need to be made payable to Los Alamitos Unified School District (LAUSD).***

- If financial assistance is needed, a written request should be sent to the school principal.



# *CODES Parent Packet*



- PINK – Form Descriptions with due dates, OTC medications provided by the camp are listed on the back side
- BRIGHT GREEN - Packing List
- YELLOW - Health Waiver (ALL Students)
- BLUE - Discipline Form (ALL Students)
- GREEN - Return Trip Permission Slip (*Half-Sheet* ALL Students)
- WHITE - Medication Form (*Only if child needs Daily Meds*)

# What Should Students Bring?



Three primary items:

- Small backpack to carry on the bus.  
*(Everything they need for Day 1 in backpack.)*
- Sleeping Bag & Pillow (Bed Roll)
- Suitcase or Duffel Bag

***\* Sleeping Bag & Suitcase/Duffel should be wrapped in a large garbage bag, labeled with your child's name, & sealed with duct tape.***





# *What Should You and Your Child Pack?*

- Waterproof boots and an extra pair of shoes
- Waterproof jacket/coat, gloves (**x2**), hat
- Clothing - think layers!
- Flashlight (*Check Batteries*)
- Empty, refillable water bottle
- Toiletries, sunscreen, chap stick, etc.
- Towel & washcloth

*\* Have name on EVERYTHING (masking tape & sharpie)*

*\*\*See Packing List for more items/details*

**Bright Green FORM**

# What Should Students **NOT** Pack for OSS?

- Food, drinks, candy, gum.
- Money (nothing to buy).
- NO Electronics iPods, video games, cell phones, etc.
- Make-up, perfume, hairspray, gel, mousse
- Matches, pocketknives, scissors, etc.
- Medications *(All OTC and RX meds must be turned into health clerk **THREE WEEKS** before departure to camp.)*

**Bright Green FORM**



# OSS Closet

## *Want to Borrow Clothes?*

- District OSS Closet exists so that students can borrow items for the week of camp: such as boots, jackets, snow gear, etc.
- Lee's Closet Visit will be on February 11, 2020 from 4:30-5:00pm (see flyer)
- **Sharon Frickel and Mrs. Salter** - Lee's Clothes Closet Coordinators



# *What are the CODES rules?*



- Respect other people's property. If it's not yours, do not touch it.
- You may not go into a cabin other than your own without an instructor's permission.
- No food or drinks in cabins.
- No technology allowed.
- You have broken the rules if you are involved in fighting, pretend fighting, teasing, put downs, gossip, or hurting another person, **even if you didn't start it.**

**BLUE FORM**





# *What are the CODES rules?*

- Show respect for nature by not littering, not picking flowers or plants, not picking up sticks or rocks, and always WALKING on the trails.
- Don't touch or chase wildlife.
- You MUST be with an adult at all times.

Do NOT wander.

Please review the rules with your child as they will need to sign the discipline contract in addition to a parent/guardian. Students will attend OSS Expectation Assemblies as the camp dates get closer. All camp rules and the discipline system will be reviewed.

**BLUE FORM**

# *What is the Discipline System?*



○ STRIKE 1: Student will be counseled by a District teacher.



○ STRIKE 2: Student will go to camp office and have a serious discussion with staff, teachers, and camp Principal. Parents are called and notified.



○ STRIKE 3: Student will be sent home IMMEDIATELY.  
*(Parents will have to pick up student from camp.)*



○ Student will report back to school the next day for regular classes.



**BLUE FORM**





# *Immediate Dismissal from Camp*



- Fighting
- Any activity that is inherently dangerous to self or others
- Stealing
- Outright Defiance
- Intentionally Destroying Property
- Cabin Raiding
- Unauthorized Leaving of Cabins
- Other behaviors at discretion of CODES/District Staff

# Over The Counter Medications at Camp

- Children's Tylenol (Liquid, Chewable and Pill)
- Children's Motrin (Liquid)
- Ibuprofen
- Benadryl
- Cough Drops/Throat Lozenges
- Antifungal Foot Powder
- Antacid Tablets
- Hydrocortisone Cream
- Antihistamine (Such as Claritin)
- Immodium or Loperamide Tablets
- Electrolyte Pops
- Aloe Vera Gel
- Calamine Lotion

**Please don't send the medications on this list to camp as they are available to your student at any time while at CODES.** The process of in-

taking medication at school and logging them into the medic station at camp is lengthy and every medication, RX or OTC, must be examined and logged by a nurse.



# Medications at Camp

The form isn't needed for students who MAY need an Over The Counter (OTC) medication while at camp. CODES has common OTC medications they can dispense to students who voice discomfort (see back of PINK form)

**White Medication Form** is **only** necessary for those students who take prescription medication or a daily over the counter medication.

- Each medication that a child is bringing to camp with them must be listed on the **WHITE** form.
- OTC meds must be age appropriate and have directions in English. They will be dispensed according to product labeling.
- **Rx meds require a physician's signature** on the **WHITE** form only if you want administered differently than stated on prescription bottle.
- All meds in ziploc bag with STUDENT NAME and **WHITE** form inside. (*Turn into office by **February 7, 2020***)

# *Motion Sickness?*

- If your child gets sick in cars or boats, please give them motion sickness medication, such as Children's Dramamine or Children's Bonine, Tuesday morning before school.
- Complete the Medication Form (**WHITE**) for the bus ride home – camp has the medication so you do not need to send in. Turn form into the office by **February 7, 2020.**



# *Special Concerns*

**Camp Kick Off Meeting** - Upon arrival at camp there is a meeting for all adults to learn and share any special concern about campers. If you have a unique/specific concern you would like to have addressed before sending your child to camp please:

- Privately speak with your child's teacher, Mrs. Salter who is the Lee OSS Coordinator, or Principal Laughlin regarding the concern.
- Please don't reach directly out to CODES camp. Each camper is the responsibility of the District and we work in partnership with CODES to put systems of support in place for all students.

# *Special Concerns*

If needed, log-onto the Special Concerns Form to begin the process of establishing further communication with the school, District and CODES about your camper

If you have a unique concern that you need to share you can log-onto <http://www.losal.org/> and CLICK on the **PROGRAMS** tab from the main menu. Select **OUTDOOR SCIENCE SCHOOL** and then scroll down and click on the **Special Concerns** link listed under the Lee Elementary School Site. Be as detailed as possible!

This will allow you to provide information relevant to your concern. The OSS District Team, consisting of the site OSS Coordinator, District Nurse, School Health Clerk and Site Administrator monitor this form weekly and the appropriate staff member will be in contact to assist you with your concern.

# Communication at Camp



## ○ Phone Calls **NOT** Allowed

- Students may **NOT** bring cell phones or receive phone calls.

## ○ Letters/Mail for Students

- Incoming mail is delivered daily by teachers at meal time (*Address will be on slide at the end of this presentation.*)
- Outgoing mail is sent daily.
- Give to teachers before departure, or drop off in school office by **Wednesday, March 7<sup>th</sup>** and Mrs. Laughlin can take it up when she visits.



# Cabin Assignments



- As camp gets closer students will give their teacher a list of five friends from any of the 5<sup>th</sup> grade classrooms who they would like to room with while at camp.
- There will be at least one friend from each student's list in their cabin. Quite often students have many friends from the list in their cabin.



# Departure to Camp

Tuesday Morning

- Students are to be in class by **7:30am**
- Students will have their temperatures taken. If a student has a temperature of over 100 degrees, he/she will stay home until he/she is fever-free for 24 hours.
- Buses usually depart no later than 8:15am.
- Parents are welcome to wait outside classrooms until departure.
- Mrs. Laughlin will send out voice dialer and email when buses arrive safely at camp.





# *Return from Camp — Friday Afternoon*

- Buses scheduled to depart OSS between 10:30am and 11:00am.
- Mrs. Laughlin will send out a voice dialer and email with an estimate of when the buses will be arriving back at school.
- Buses typically arrive back at school between 1:00pm – 1:30pm.
- Upon arrival students may be signed out by parents/guardians.





# *Leaving Camp Early*

The OSS experience begins when students board the bus to camp and ends when students depart from the bus on Friday. We ask that parents **DO NOT** pick up their children from camp. All early departures **MUST** be pre-approved, unless a child becomes ill, is sent home due to disciplinary actions, or there is an emergency. Our contract with CODES stipulates that camp must be notified and approve early departures of campers.

Please contact **Mrs. Laughlin** if you have a unique situation that requires going through the approval process with the District Office and CODES for an early camper departure.

# Forms Summary

**Due Thursday, October 31<sup>st</sup>**

## Camp High Trails Check List

- Health/Consent Waiver (**YELLOW**)
- Return Trip Form (**GREEN**)
- Discipline Form (**BLUE**)
- Medication Form (**WHITE**) – NOT required for all. Only for those who need medication while at camp.

*\* The Los Al USD nurse reviews EVERY form (not just medication forms) checking for any and all medical needs. Any meds housed in the health office are also sent to camp. Check with school so that duplicate medication isn't sent to camp.*

# California Outdoor Education School

[codesschool.com](http://codesschool.com)



Mail Your  
Child's Letters To:  
PO BOX 397  
Angelus Oaks, CA 92305

This must be done a week in  
advance!



**C.O.D.E.S.**   
MILE HIGH PINES



